ENGLAND's *Happiness* IMPROVED:

OR, AN

Infallible Way to get Riches, Encrease Plenty, and promote Pleasure.

CONTAINING

The Art of making Wine of *English* Grapes, and other Fruit, equal to that of *France* and *Spain*, &c. with their Physical Virtues. To make Artificial Wine, and Order all sorts of Wine to keep well, and recover what is faded, &c.

The whole Art and Mistery of Distilling Brandy, Strong-waters, Cordial waters, &c.

To make all the Sorts of Plain and Purging Ales, Cyder, Mead, Metheglin, Rum, Rack, and many other useful Liquors.

To Gather, Order, and Keep Fruit, in all Seasons.

The Art and Mistery of Pickling Flowers, Fruits, Herbs, Buds, Roots, Fish, Flesh, &c. To Recover tainted Flesh, and make sundry sorts of Vinegars.

The whole Art and Mistery of a Confectioner.

The Compleat Market-man, or Woman, to know all sorts of Provisions; as Poulterer's Ware, Fish, Flesh, whether Young or Old, New or Stale, &c. and all other Matters relating to Marketing.

Particular Rules for good and frugal House-keeping, and to destroy all sorts of Vermin; with many other things very profitable, and never before made publick.

LONDON, Printed for *Roger Clavil*, at the *Peacock*, near St. *Dunstan's* Church, in *Fleet-street*, 1697.

ENGLAND's Improvement

IMPROVED:

OR, AN

Infallible Way to get Riches, Honour, Plenty, and prosperous Trade.

CONTAINING

A Secret worth knowing. Whereby Corporations, and other Companies, may double their Stocks, and Private Persons, To make Annual Returns, Order all Sorts of Workmen, and recover what is lost.

The wholeAn and Most Healthful Drink, Strong-waters, Coffee, To make all the Sorts of Bread, Malting, &c. many other useful Inquiries.

The Duke, Order, and Military of Arms and Military of Trade, Rules, Trade, Rich, To Raise raised Trade, and more money for Wages.

The whole Art and Military, The Compleat Mariner, or Navigation, to improve Port of Provisions, Sea-Ports, Fish, Trade, whether Young or Old, Men or Single, Rich and all other Masters relating to Planting.

Particular Rules for good and true Housekeeping, and to destroy all Sorts of Vermin; with many other things, very profitable, and never before made publick.

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THE PREFACE TO THE READER.

Reader,

IN this Book, though small, you will find so ample a Recompence of your Money layed out in buying, and your Trouble in Reading it, that I am constrained to believe you will conclude them both well bestowed.

I here present you with what is delightful and profitable, many of the things layed down are altogether new Experiments, and the rest known but to a few; Here you may behold the Product and Manufacture of your Native Country, wy-

ing with those of other Nations, if not in many particulars, exceeding them. You have here exact Methods, plain, and at Cheap Rates to make Natural and Artificial Wines, more agreeable to English Bodies than others, and they may well contend with those of France and Spain for Preheminence. I have also given their proper Virtues, and how in the best manner to Order and Preserve them, and all other Wines.

The whole Art and Mistery is herein set down of Making Brandy, Spirits, Low-wins, and all Strong-waters from the Weakest to the Richest Cordials. Directions to draw, Colour, and order them, with many rare Receipts practised but by a very few; also their proper Virtues are treated of, likewise many rare Physical Cordial-waters highly in Esteem; with Essences, and other Curious things, the approved way. To make Ales, plain and purging, with other useful and pleasant Liquors, many in number, as Perry, Cyder, Mathelin Mead, Mum, &c. with their Virtues.

The

The Art of Pickling, in all its kinds, with other Attendants. The Mistery of Confectioning, *in Preserving, Conserving, Candying, making Gellies, and Syrups, &c. Of Fruits, Flowers, and the like, with all accomplished Sweetmeats, fit to furnish out the rarest Banquet. The Art and Mistery of the* Fruiterers, *in gathering and keeping Fruits in all Seasons; with Instructions to such as go to Market, to buy Poulterer's Ware, Fish, Butcher's meat, Fruit, and many other necessary things: How to know the Goodness or Badness of them, and avoid being cheated, or Imposed on.*

To these I have joined Instructions for a decent and frugal House-keeping, under which Head are included so many things, that for Brevity sake I am constrained to omit Particulars, and draw to a Conclusion of my Preface, lest I should too long detain you from what is more material; for herein you have what never any one Volume contained, and over and above a great many rare Ex-

periments, and things never before made publick, so that taking it all together it is a Rich Store-House, furnished with such Curious Wares, that cannot but prove advantagious to all, and Exceedingly so to those, who by Industry will put in practice what is set down for their good Improvement in Knowledge.

Vale.

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England's Happiness Improv'd:

OR, AN Infallible Way to get Riches, Encrease Plenty, and promote Pleasure.

CHAP. I.

To Improve the Planting of Vines, and making Wine of Grapes equal to that of France; to Fine and Order it; with choice Receipts for making Wines of most sorts of English Fruits, and their peculiar Virtues, and singular Experiments.

THat *England's* Fertility and Product, equals any Nation under Heaven, in what conduces to the Subsistance and Health, and Riches of its Inhabitants is not, at this day, after so many Proofs and Demonstrations, to be questioned. Long since it was filled by Forreigners the Store-house and Granary of *Europe*, and nothing, but want of Skill and Industry, can at present hinder us from making those wholsom Liquors,

among many other things that Equal, if not Exceed, what with the hazard of the Seas, and the great Exhausting of our Treasure, to the hindering the Circle of Inland Trade particularly, we have for many Years fetch'd from abroad; nay, I must take leave to affirm, those Liquors produced from our natural growth, are not only as pleasant in Taste, if rightly made and prepared, as any other, but are far more agreeable to the Constitution of *English* Bodies, contributing to Health and lively Vigor, and if not taken in excess, which, indeed in all things is hurtful, they lengthen Years, and free Old Age from those Calamities that adulterated Wines and Foreign Liquors, make it obnoxious to, in the Pains Aches and many Diseases that their Sediments Entail, by corrupting the good, or creating bad Humours in the Body.

Therefore I have thought it, among other things, very profitable to all, that I am designed to Treat of it in this Book, in the first place to give choice and approved Directions for planting Vines, making Wines, and other Liquors of *English* Fruits, *&c.* after the newest Experiments, and how they may be preserved to be used in all Seasons.

Of

Of Vines, and Planting them.

THat Vinyards have been frequent in *England* is apparent, upon the account of many places now bearing Corn and Pasture retaining that Name; and it is the Opinion of the most Experienced in this way, that the Southern parts of this Island, with the Industry of the Natives, might produce Vines equal to those of *France*, either for Claret or White-Wines: But before I come directly upon the Making, and Ordering these sort of Wines, I think it proper to say something in relation to the Planting and Managing those Vines, that are to bring forth the Grapes of which Wine is to be made.

It is the Planter's business, in the first place, to consider what Soil is most proper, and that which is so, must be of a niterous, Sulpherous Nature; black, loose and moist, proceeding from its Oyly Quality, or Fatness, of which there is great store in this Kingdom, even in waste places, that with a little good manuring, would be well improved into Vinyards; and render a very great Encrease; and the proper Manure is a little Lime, mixed with well

rotten Cow-dung, the one Cherishing, and the other heating the Roots of the Vines when well mingled with the Mould in which they are to be planted, and it is the most proper to plant them on gradual rising Hills not high, but very much exposed to the South Sun, and sheltering of the cold North Winds, or in Orchards and Gardens, against warm Walls, or in Rows supported on Rails, or Layers, of a moderate hight, and when the Vines are planted from slips of old Roots, Layers, &c. and have well taken Root, yearly open the Roots, not exposing them too much; if the Weather be sharp or cold in *February*, and cover them up about the middle of *March* with new soil, or compos'd of Dung and mellow mould; of the first, about a quarter part, and they will bear abundantly many years, and when you cover them, or sooner, if it is a proper Season, to cut, or prune them, and of the sprags cut off, by laying them in bundles in a pit of mellow Earth, 7 or 8 Weeks will produce Scions, or Succours, capable of being planted at a fit distance in such regular form, that they may have a convenient distance to spread, and having well taken Root, you may, as you see convenient, remove

them to more convenient places, to become standing Dards, and all things answer your Expectation; a week before Easter loosen the ground about them every Year, which will let in the nourishing air, which is, in some manner, the Life of Vegitables, as of Living Creatures, and destroy the Weeds that encumber them; take off the by-shoots that grow not downward on the Roots, and however these of pluck Roots are not to be taken out, unless in repairing old Vines, and are then called *Wortlings*, because they are gotten about the over-grown Vines, or Heads, and the best Root on the neither part is very fine to behold; you may also cleanse them from Superfluous Roots, and set them in for a Vine, and such prepared Roots, and over-grown Vines prove far better than others, for the *Wortlings*, after they have their Roots well together, are the better able to endure bleak Winds and Frosts, when others high hanging about the Elme with roots are often killed with them, or at least are more weakened, and become like old Vines, besides such a stock in the driving is stronger than such as are put in the ground immediately after they are cut from the Vine, where they must take Root, not taken out till they are set in the Rebstock.

If you chuse a place of Ground for a Vinyard, that has been huskey before it was cleared of them, the first new set of Twigs will drive so strongly, that a double number of them must be layed in, as 8 or 10 in one place, which may, by Transplanting as they come to a moderate growth, be flourishing Vines to bear Grapes, for to one stock, are layed 3 or 4 Twigs called *Palmites*, and that for some years together must be done in a new Break; for without such ordering, the Blossoms will yearly fall off, because the driving in such a new Plat, if the ground be rich, is too strong, thrusting too violently out of the blossoms: But if you let your stock grow into wood, it spreadeth in such new Tilled Ground, and is much weakened thereby, and is brought to a Temprature, for each Twig receiveth so much strength and driving, as it hath need of to the full seed, and enough for the saving of it. And thus have I given you a true Insight of ordering Vinyards, because it now may prove a nice matter, as not having been a long time well practiced in *England*; but as for other fruit-bearing trees of the Wine, of whose Fruits I shall hereafter have occasion to speak, I shall pass over their manner of planting, and come nearer to what is immediate profitable. To

To make Wine of Grapes of the Growth of England.

WHen the Vines are well grown, so as to bring full Clusters, be careful to disencumber them of some part of their Leaves that too much shade the Grapes, but not so in the hot Season that the Sun may not too swiftly draw away moisture, and wither them: Stay not till they are all ripe at once, for then some will be over-ripe, or burst, or incline to rot before the Underlings come to perfection, but every two or three days pick of the choice and Ripest Grapes, and spread them in dry shady places on sideways, that they contract not a heat, and must, and so those that remain on the Clusters having more Juyce to nourish them will grow bigger, or be sooner ripe, and when you have gotten a sufficient quantity put them into an open Vessel, and bruise them well with your hands, or if they be too many for you, gently press them with a Flat wooden Beater, that is, a thick board fastened at the end of a staff; as for treading of them with the Feet, though used in in other Countries, I approve it not, it being a nasty, slovenly way; take care you

you break the Stones as little as may be for that will make the Wine of a bitter Tang.

Having bruised the Grapes well, so that they are become Pulp, or Mash, have a Tap at the bottom of your Cask, tye hair Cloath over the Faucet, and let run that which will run voluntary, of it self the best Wines. Then take out the Pulp, and gently press it by degrees in a Cyder-press till the Liquor is sufficiently drained out; then having a new Cask well seasoned, and Aired with a Lighted Rag diped in Brimstone till it become dry, pour the Liquor in through a sieve-funel to stop the dregs, and let it stand only with a pebble stone lightly layed on the Bung-hole to ferment, and refine it self 10 or 12 days, then draw it gently off into an other Cask well seasoned, that the Lees, or Dregs, may remain in the first Cask, and stop it no otherways than before till it has quite passed over its ferment, which you may know by the Coolness, and pleasant Taste; and thus of your ordinary white Grapes, you may make a good white sort of Wine, of the red Grapes a Claret, and if want of Colour, heighten it with a little Brazeile, boiled in about a quart of it, and strained very clear. The white Grapes no

to

too ripe give a good Rhenish-Taſt, and are wonderful cooling, and a ſort of Muſcadel Grapes growing now in many parts of *England*, may be brought by the help of a little Loaf-ſugar to feed on, to produce a curious ſweet Wine, little differing from Canary, and altogether as wholſome and pleaſant, ſo that with ſome charge, labour and induſtry we might well furniſh our ſelves with what we now are beholding to Strangers for at great Expence, hazard of the Seas, and a vaſt deal more toil and Labour than this would require.

If the Wine requires Racking, the beſt time to do it is when the Wind is in the North, and the Weather temperate and clear in the Encreaſe of the Moon, and when ſhe is under the Earth, and not in her full height.

If the Wine Rope, to alter it take a courſe Linen Cloath, and when you have ſet the Cask a-broach, ſet it before the bore, then put in the Linnen, and Rack it in a dry Cask, put in 5 or 6 Ounces of Allom in powder, and jumble them ſo that they may well mix, and ſo upon ſettling, it will be fined down, and become very clear and pleaſant Wine; but of fining and ordering Wine, and other Liquors, I ſhall take

occaſion

occasion to treat more at large here after.

Wine of Goosberries, to make it.

OF Goosberries may be made a curious Cooling Wine, after the following Directions.

Take Goosberries just beginning to turn to ripeness, but not those that are ripe, bruise them well, as you did the Grapes, but not so as to break their stones, then pour to every Eight pound of Pulp a Gallon of clear Spring-water, or rather their own Distilled water, made in a cold Still, and let them stand in the Vessel covered in a cool place 24 hours, then put them into a strong Canvas or Hair Bag, and press out all the juyce that will run from them, and to every quart of it put 12 Ounces of Loaf, or other fine Sugar, stirring it till it be throughly melted; Then put it up into a well seasoned Cask, and set it in a Cool place, for too much heat will sower it, and when it has purged and settled about 20 or 30 days, fill the Vessel full, and Bung it down close, that as little air as possible may come at it.

When you find it is well wrought and settled, then is your time to draw it off into smaller

ſmaller Casks, or Bottles, keeping them alſo in cool places, for there is nothing more damages any ſorts of Wines than heat.

And as the Wine of Grapes has many Virtues, in comforting and ſtrengthening the Heart, reviving and reſtoring the faded Spirits, ſo this has not a few proper to it, conducing to the Health of Man.

Its Virtue.

This is a curious Cooling Drink, taken with great ſucceſs in all hot Diſeaſes, as Fevors, Small-pox, the hot fit of the Ague; it ſtops Laxation, and is good in the Bloody-flux, cools the heat of the Liver and Stomach, ſtops Bleeding, and mittigates Inflamations; it wonderfully abates the flushings and redneſs of the Face, after hard drinking, or the like: It provokes Urin, and is good againſt the Stone, but thoſe that are of a very Phlegmatick Conſtitution, it is not ſo proper for them.

Currant-*Wine, to make, and order it.*

TAke four Gallons of curious cooling Spring, or Conduit-Water, let it gently ſimper over a moderate fire, ſcum it well and ſtir into it 8 Pound of the beſt Virgin-Honey, and when that is thoroughly diſſolved,

dissolved, take of the Water, and stir it well about to raise the scum, which take clean off, and cool it.

When it is thus prepared, press out the like quantity of Juyce of Red Currants moderately ripe, without any green ones among them, which being well strained, mix it well with the Water and Honey, then put them up in a Cask, or large Earthen Vessel, and let them stand upon the ferment 24 hours, then to every Gallon add two pound of Loaf, or other fine Sugar, stir them well to raise the scum, and then when well settled take it off, and add half an Ounce of Cream of Tartar, with a little fine flower, and the Whites of 2 or 3 Eggs which will refine it, and when it is well settled and clear, draw it off into small Vessels or Bottle it up, keeping it in a cool place.

Of White Currants, a Wine after the same manner may be made, that will equal in strength and pleasantness, a good sort of white Wine; but as for the Black ones, or Dutch Currants, I approve not of them, but in Medicinal Wines, of which I shall have some occasion to speak hereafter.

Their Virtues.

They allay the burning Eagerness of Thirst, are cooling in Fevors, resist Putrefaction

tion stay Vomiting, Corroberate the heart, and fortify the Stomach; they are drunk with success by those that have the Fits of the Mother, they divert Epilepsy, and provoke the Courses in Women.

Wine of Rasberries, to make it the English *way.*

TAke what quantity you please of Red Rasberries when they are meanly ripe, for if they grow over ripe, they will lose much of their pleasant scent, and clearing the Husks and Stalks from them, soak them in the like quantity of fair Water that has been boiled and sweetened with fine Loaf Sugar, a pound and an half to a Gallon; when they are well soaked about 12 hours take them out, put them up into a fine Linen pressing Bag, press out the Juyce into the Water, then boil them up together, and Scum them well twice or thrice over a gentle fire, take off the Vessel, and let the Liquor Cool, and when the scum arises take off all that you can, and pour off the Liquor by inclination into a well seasoned Cask, or Earthen Vessel, then boil an ounce of Mace very well in a pint of Whitewine till the Third part of the Wine be consumed,

strain

strain it, and add it to the Liquor; let it settle two days, and when it has well settled and Fermented draw it off into Cask, or Bottles, and keep it in cool places.

The French *way to make this Wine.*

Steep two Gallons of Rasberries in a gallon of Sack 24 hours, then strain them, and put to the Liquor three quarters of a pound of Rasins of the Sun well stoned, and so let them continue four or five days, sometimes stiring them well, then pour it off by Inclination, that the clearest may be taken away, and only the dross and Settling remain in the bottom, and bottle that up you pour off, and if you find it not sweet enough for your pallate, you may add some Sugar about half a pound to a gallon will be sufficient; keep these in a cool place.

Their Virtues.

These Wines either way are a great Cordial, they cleanse the Blood, prevent pestilential Air, comfort the Heart, ease pain in the Stomach, dispel gross Vapours from the Brain, cause a free breathing, by removing Obstructions from the Lungs, and are successfully taken in Appoplexies.

Wine

Wine of Mulberries, *to make it.*

TAke Mulberries when they are just changed from their redness to a shining black, gather them in a dry day when the Sun has taken off the dew, spread them thinly on a fine cloath on some floor or table for 24 hours, boil up a gallon of water to each gallon of Juice you press out of these; scum the Water well, and add a little Cinnamon grosly bruised, put to every gallon 6 Ounces of white Sugar-candy finely beaten, scum and strain the Water when it is taken off and settled, then put to it the Juice of Mulberries, and to every gallon the mixture of a pint of White or Rhenish Wine; Let them stand in a Cask to purge and settle 5 or 6 days, then draw off the Wine, and keep it cool.

Its Virtue.

This is a very rich Cordial, it gives vigour to consumptive Bodies, allays the heat of the Blood, prevents Qualms and Peurisies in Women, makes the Body soluble, helps Digestion, and eases Distempers in the bowels.

Morello *Wine, to make it.*

TAke two gallons of White-wine, and 20 Pound of *Morello* Cherries, take away the stalks, and so bruise them that the stones may be broken, press the Juice into the Wine, put Mace, Cinnamon and Nutmeg each an Ounce in a Bag grosly bruised, hang it in the Wine when you have put it up in a Cask, and it will be a rich Drink.

Vinum Sambucum; *or Wine of* Elder-berries, *how to make it.*

TAke Elder-berries when pretty ripe, plucked from the green stalks, what quantity you please, and press them that the Juice may freely run from them, which may be done in a Cyder-press, or between two weighty Planks, or for want of this opportunity you may mash them, and then it will run easily; this Juice put up in a well seasoned Cask, and to every Barrel put 3 gallons of water strong of Honey boiled in it, and add some Ale-yest to make it ferment, and work out the grosness of its body, then to clarify it add Flower, whites of Eggs, and a little fixed Nitre, and when

it has well fermented, and grows fine, draw it from the settings, and keep it till Spring, then to every Barrel add five pound of its own Flower, and as much Loaf-sugar, and then let it stand 7 days, at the end whereof it will grow very rich, and have a curious flavour.

Its Vertues.

It is an excellent Febrifuge, cleanses the Blood of Acidity, Venom and Putrefaction, good in Measles, Small-Pox, Swine-Pox, and Pestilential Diseases; it contributes to rest, and takes away the Heat that afflicts the Brain, easing Pains in the Head.

Wines of Black-berry, Straw-berries *or* Dewberries, *how to make them.*

TAke of these Berries in their proper Seasons moderately ripe what quantity you please, press them as other Berries, boil up Water and Honey, or Water and fine Sugar, as your pallate best Relishes to a considerable Sweetness; and when it is well scumed, put the juyce in, and let it Simper to incorporate it well with the Water, and when it has done so, take it off, let it cool, and scum it again, then put it up in a Barrel, or rather a close glazed Earthen

Vessel to ferment and settle, put then to every Gallon half a pint of Mallaga, and draw it off as clear as may be; bottle it up, and keep it cool for use.

Their Virtues.

These Liquors are agreeably good in Fevors, afflictions of the Lungs, prevent the Infection of pestilential Aires; get a good Appetite, and much helps digestion, excellent in Surfeits, and cause good Blood.

Wine of Apples *and* Pears, *to make them.*

AS for Apples, make them first into good Cyder, by beating and pressing, and other orderings, as I shall direct, when I come to treat of those sort of Liquors, after I have ended this of Wines; and to good Cyder when you have procured it, put the herb *Sourlen*, the Quintessence of Wine, and a little fixed Nitre, and to a Barrel of this Cyder, a pound of the Syrup of Honey; let it work and ferment at Spurge holes in the Cask Ten days, or till you find it clear and well setled, then draw it off, and it will not be much uncomparable to Rhenish-Wine in Clearness, Colour and Taste.

To

To make Wine of Pears, procure the Tarteſt Perry, (but by no means that which is Tart by Sowering, or given that way) but ſuch as is naturally ſo, put into a Barrel about 5 Ounces of the juyce of the Herb Clary, and the Quintiſence of Wine, and to every Barrel a pound, or Pint of the Syrup of Black-berries, and after fermentation, and refining, it will be of a curious Wine-taſt, like Sherry, and not well diſtinguiſhable, but by ſuch as have very good Pallates, or whoſe Trade it is to deal with it.

Their Virtues.

Theſe Wines have the nature of Cyder and Perry, though in a higher degree, by the addition and alteration, being Cooling, Reſtorative, eaſing pains in the Liver, or Spleen, Cleanſing the Bowels, and creating a good Appetite.

Wine of Cherries, *to make it.*

TAke Cherries indifferently ripe of any red ſort, clear them of the Stalks and Stones, and then put them into an Earthen glazed Veſſel, and with your clean hands Squeeze them to pulp, or you may do it with a wooden Ladle, or preſſer, and ſo let

them continue Twelve Hours to ferment, then put them into a Linen Cloath, not too fine, and press out the Juyce with a pressing-board, or any other Conveniency, then let the Liquor stand till the scum arise, and with your Ladle take it clean off, then pour out the clearer part by inclination into a Cask, where to each gallon put a Pound of the best Loaf Sugar, and let it ferment, and purge 7 or 8 days, so draw it off when you find it clear into lesser Casks, or Bottles, keep it cool, as other Wines, and in 10 or 12 days it will be ripe.

Its Virtues.

This is a great cooler of the Body in the heat of Weather, chears the heart, and much enlivens Nature in its decay; it is good against violent Pains in the Head, and swouning Fits.

Wine of Peach *and* Apricots, *to make it.*

TAke of Peaches, Nectarins, *&c.* when they are full of juyce, pare them, and quit them of their stones, then slice them thin, and put about a gallon to two gallons of Water, and a quart of White-wine, put them over a fire gently to simper a considerable time, till the sliced fruit become soft

then

then pour off the Liquid part into other Peaches that have been ſo uſed and bruiſed, but not heated, let them ſtand Twelve hours, ſometimes with ſtiring, and then pour out the Liquid part, and preſs what remains through a fine hair bag, and put them together into a Cask to ferment, then add of Loaf Sugar a pound and an half to each Gallon; boil well an ounce of beaten Cloves in a quart of White-wine, and add it to give a curious flavour.

Wine of Apricots may be made with only bruiſing, and pouring the hot Liquor upon, not requiring ſo much ſweetning, by reaſon they are of a more dulcid, or Lucious Quality, only to give it a curious flavour, boil an Ounce of Mace, and half an Ounce of Nutmegs in a Quart of White-wine, and when the Wine is on the ferment, pour the Liquid part in hot, and hang a bunch of freſh Borage well flowered into the Cask by a ſtring at the Bung for three days, then draw it off, and keep it in Bottles, which are moſt proper to preſerve theſe ſorts of Wines.

Their Virtues.

They are moderately warming and reſtorative, very good in Conſumptions, to create an Appetite, and recover decayed

and wasting Bodies; they loosen the hardness of the Belly, and give ease to the pain of the Stomach.

Wine of Quinces, *to make it.*

GAther the Quinces when pretty Ripe, in a dry day, rub off the Down with a clean Linen Cloath, then lay them in Hay, or Straw, for Ten days to sweat, so cut them in Quarters, and take out the Cour, and bruize them well in a Mashing Tub with a Wooden beetle, and squeeze out the liquid part, by pressing them in a hair bag by degrees in a Cyder-press, strain this Liquor through a fine sieve, then warm it gently over a fire, and scum it, but suffer it not to boil, sprinkle into it Loaf-Sugar reduced to Powder, then in a gallon of Water, and a quart of White-wine, boil a dozen or fourteen large Quinces thinly sliced, add two pound of fine Sugar, and then strain out the liquid part, and mingle it with the natural Juyce of the Quinces, put it into a Cask not to fill it, and jumble them well together, then let it stand to settle, put in juyce of Clary, half a pint to five or six gallons, and mix it with a little flower and whites of Eggs, so draw it off, and if it be not sweet enough

enough add more Sugar, and a quart of the best Malmsey; you may to make it the better, boil a quarter of a pound of stoned Rasins of the Sun, and a quarter of an Ounce of Cinamon in a quart of the Liquor to the Consumption of a third part, and straining the Liquor, put it into the Cask when the Wine is upon the ferment.

Its Virtues.

This Wine is a good Pectoral, cooling and refreshing the Vital parts; it is good, moderately taken, in all hot Diseases, allays the flushing of the Face, and St. *Anthony's Fire*, takes away Inflamations, and is much available in Breakings-out, Botches, Boils, or Sores.

Wine of Plums, Damascens, *&c. to make them.*

TO do this take what Plumbs you please, mix those of a sweet Tast with an allay of those that are somewhat sower, tho' they must be all Enclyning to Ripeness, slit them in halves, so that the Stones may be taken out, then Mash them gently, and add a little Water and Honey the better to moisten them, boil to every gallon of pulp of your Plumbs, a gallon of Spring-water, in it

it a few Bay-Leaves and Cloves, add much Sugar as will well sweeten it, scu off the froth, and let it Cool, then press th Fruit squeezing out the Liquid part, strai all through a fine strainer, and put the W ter and juyce up together in a Cask, let stand and ferment three or four days, fi it with white Sugar, flower and whites Eggs, and draw it off into Bottles, so cor ing it up that the Air may not prejudice and in 10 or 12 days it will be ripe, and t like sherry, if not a nearer flavour of C nary.

Damascens may be ordered as othe Plumbs, though they produce a Tarte Wine, more clear and longer lasting, bu put not so much Water to them, as t lucious Plumbs, unless you mix some swee Wine with it, as Mallago, Canary, or th like, or infuse Rasins in the Sun in it, which will give it a Rich and Mellow Taste.

Their Virtues.

These, as other Wines made of *Englis* Fruit, are moderately cooling, purefy th Blood, and cleanses the Reins, cause a free ness of Urin, and Contribute much to sof slumbers, and a quiet rest, by sending up gentle refreshing Spirits to the Brain, which dispel heat and noxious Vapours thence

and

and put that noble part into a right Temperature.

Wine of English Figs, *to make it.*

TO do this take the large blue Figs, pretty ripe, steep them in White-wine, having made some slits in them that they may swell, and gather in the substance of the Wine, then slice some other Figs, and let them simper over a fire in fair water till they are reduced to a kind of pulp, strain out the water pressing the pulp hard, and pour it as hot as may be to those Figs that are infused in the Wine, let the quantities be near equal, the Water some what more than the Wine and Figs, then having infused 24 hours, mash them well together, and draw off what will run Voluntarily, then press the rest, and if it prove not pretty sweet, add Loaf Sugar to render it so; let it ferment, and add a little Honey, and Sugar-Candy to it, then fine it with Whites of Eggs and a little Ising-glass, and so draw it off, and keep it for use.

Its Virtues.

This is chiefly appropriated to Defects of the Lungs, helping shortness of Breath, removing Colds or Inflamations of the Lungs;

it

it also comforts the Stomach, and ease pains of the Bowells.

Wine of Roses, *to make it.*

TO do this fit a Glass Bason, or Body for want of it a well glazed Earth Vessel, and put into it three gallons of Ro water drawn with a cold Still, put into a convenient quantity of Rose Leaves, co it close, and put it for an hour in a ket or Cauldron of Water, heating over fire to take out the whole strength and Tin ture of the Roses, and when cold, pres Rose-Leaves hard into the Liquor, and st fresh ones in, repeating it till the Liqu has got a full strength of the Roses, a then to every gallon of Liquor add thr Pound of Loaf-Sugar, stir it well that it m melt and disperse in every part, then p it up into a Cask, or other Convenie Vessel to ferment, and to make it do so better, add a little fixed Nitre and flow and two or three Whites of Eggs, and it stand cool about 30 days, and it will ripe, and have a curious flavour, havi the whole strength and scent of the Roses it, and you may add to Meliorate it so Wine and Spices, as your Taste or Inclinati leads you.

A

And by this way of Infusion, wine of Carnations, Clove-gilly-flowers, Violets, Primroses, or any Flower, having a curious scent, may be made; to which to prevent repetition, and go on with as much brevity as conveniently may be, I refer you.

The Virtues.

Wines thus made, are not only pleasant in Taste, but rich and medicinal, being excellent for strengthning the Heart, refreshing the Spirits, and gently cooling the Body, making it Lenitive, and so purges the undigestion of Flegm, sometimes Choler, abates the heat of the Fevor, quenches thirst, mittigates the Inflammation of the intrails, and may, on sundry occasions, serve for a good Counter-poison.

Cowslip *Wine, to make it.*

PUt 5 pound of Loaf-sugar to 4 Gallons of fair water, simper them over a fire half an hour to well dissolve the Sugar, and when it is taken off, and cold, put in half a peck of Cowslip-flowers clean picked, and gently bruised, then put two spoonfuls of new Ale-yest, and a pound of Syrup of Limons beaten with it, with a Limon-peel or two, and so in a well seasoned Cask or Vessel,

ſel, let them ſtand cloſe ſtopped for th days that they may ferment well, then in ſome Juice of Cowſlips, and give convenient ſpace to work, and when it ſtood a month draw it off into Bottles, p ting a little lump of Loaf-Sugar into ea and ſo you may well keep it the ſpace o Year; and thus you may make Wine ſuch other like Flowers that are of pleaſ Taſt and ſcent, as Oxlips, Geſmine, Bead blooms, Comfry, Scabeons, Featherfew, F mitary, and a number more, as your Fanc and Guſt leads you, for I have ſhewed y different ways to let you know that y need not exactly keep to one certain Ru but pleaſe your Pallate by ſuch additions you think convenient, though by ſtra ing too far, you may happen to mar th whole deſign; therefore, in all things, kee as near as you can to the Rules I ha given.

Its Virtues.

Cowſlip-Wine moderately drunk muc helps the Palſey, Cramp, Convulſion, an all other Diſeaſes of the Nerves and Sinnew alſo eaſes pains of the Joints and Gout, an contributes mainly to the curing of Rup tures.

Scurvy

Scurvy-Grass *Wine, to make it.*

SCurvy-Grass, or Spoon-wort, is a very Soveraign medicinable Herb, appropriated chiefly to the health of English Bodies, in many Medicins chearfull, the Wine made of it containing all its Virtues with addition, must needs be very acceptable to make it then.

Take the best large Scurvy-Grass Tops and Leaves in *May*, *June*, or *July*, bruise them well in a Stone Mortar, then put it in a well-glazed earthen Vessel, and sprinkle it over with some pouder of Christal of Tartar, then smeer it over with Virgin-honey, and being covered close let it stand 24 hours, then set water over a gentle fire, putting to every Gallon three Pints of Honey, and when the scum rises take it off, and let it cool; then put your stamped Scurvy-Grass into a Barrel, and pour the Liquor to it, setting the Vessel conveniently endways, with a Tap at the bottom, and when it has been infused 24 hours, draw off the Liquor, and stroogly press the juyce and moisture out of the Herb into the Barrel, or Vessel, and so put the Liquor up again, then put a little new Ale-yest to it, and suffer it to ferment

ferment three days, covering the place of the Bung, or Vent, with a piece of Bread spread over with Mustard-seed downward in a cool place, and so let it continue till it is fine and drinks brisk, then is your time to draw off the finest part, leaving only the dregs behind; add more Herbs, and so ferment with White of Eggs, Flower, and five Nitre Verjuce, or the Juice of green Grapes if they be to be had, to which add 6 Pounds of the Syrup of Mustard, all mixed and well beaten together to refine it down, and it will drink brisk, but is not very toothsome. Being here inserted among Artificial Wines rather for the Health of Persons, than for the delightfulness of Gust.

Its Virtues.

It helps Digestion, warms cold Stomachs, carries off Phlegm, purefies the Blood, purges out salt watery Humours, cleanses the Bowels from cold slimeyness, eases pains in the Limbs, Head, Heart and Stomach, also those pricking pains, that are occasioned by Scorbutick Humours, &c.

Of Mint, Balm, and other Herbs, &c.

TO come more briefly to a conclusion of this Chapter, know that the Wine

of Mint, Balm, and other Fragrant Herbs, are best made after this manner, *viz.*

First, distil the Herb in the cold still, then add Honey to it, and work as in Scurvy-Grass, and then refine it, and work it down by a due proportion of its own Syrup, and so the Wine will become very fragrant, and continue the whole virtue of the Herb: Wormwood-wine, Wine of Rue, Cardus, and such strong physical Herbs, may be made by Infusion, only in small White-Wines, Cyder, Perry, or the like, adding a little Sweets to palliate them, that they may be more agreeable to the Taste. That of Black Currants may be made as of other Currants, and are very proper to be kept in all Families.

Their Virtues.

They indifferently all of them resist Pestilential Airs, are good in Agues, and cold Diseases; prevent Mother-fits and Vapours, and ease Pains in the Joints and Sinues, cleansing the Blood, and are great hinderers of Apoplexies, Epilepsies, and the like; and the Wines have not only the Virtues of the Herbs, but an addition to heat, strengthen and revive decaying Nature.

CHAP. II.

The ingenious Art and Mistery of the Vintners, *in making Artificial Wines; as Mallaga, Claret, Rhenish, &c. recovering faded Wines, and such as have lost their Colours; Racking, Sweetening, and many other things that appertain to their Trade, and have hitherto been kept as Secrets to the Publick, &c.*

Of Small Wines meliorated.

IT is the opinion of many, that weak Wine may be raised, and improved on the Rich Lees of Wine that is drawn off; and indeed we know it is common to draw off such small Wines, and put them on such Lees, whereby the Vintner's gains arise; we also see that Wine is fed with proper Food, as sweet Flesh, salt of Tartar, or more principally the sweet and Volatil Spirit of Tartar, and yet higher with the Quintisence of Wine, by Essential Salts, prepared Oyls, Herbs, and things of an Aromatical nature, why then may not small Wine be greatly bettered by the Animal, or Quintisence, extracted from other Wines, for the Animal of Wine only, and nothing else, can encrease the strength of Wine.

If the Quintisence be drawn out of one small Wine, and added to another, it will make that rich, though the other is altogether Impoverished, and better one be lost, which may however serve for Vinegar, than both remain useless, which cannot be so well demonstrated in Words, as practice, wherefore I shall hasten to what is more plain to be understood.

To make Artificial Claret.

TAke the Juyce, or Water of Clary, distill it, in a cold Still one part; Red streak Syder half a part, Malago Raisins beaten in a Mortar six Pounds, the fat Mother of Claret one Pound, and these being covered in a close Vessel let them ferment 15 days, then draw off the Liquor into another Vessel, and to every Gallon add half a pint of the Juyce of Mulberries, or Blackberries, or Goosberries, and a pint of the Spirit of Clary, to the whole then take three Spoonfuls of Flower, and the White of two New-layed Eggs, a Dram of Ising-glass, beat these together, and add to the Liquor two Pounds of the Syrup of Clary, and it will Refine down, and be very rich, not distinguishable from right Claret, unless by those very well Skilled in Wines, and of this there is great quantities

sold, now *French* Wines are dear, and scarce to be come by.

Artificial Malago, *to make it*, Canary, &c.

TAke a Cask that has been well seasoned with right old Malligo, new trim it, and hoop it strong, leaving it open at one end, to which open end a close cover must be fitted, to take off and put on at pleasure, and keep it in all Seasons in a warm place; fill it with Spring, or Conduit-water, and to every gallon of Water add 6 Pound of the best Mallago Rasins, grosly bruised, and sprinkle on every Twenty Gallons a handful of Calx Wine, then place the cover close, and keep it warm with Cloaths fastened about it, and so let it continue four or five days to work and ferment; after that open it, and see if the Rasins are floating on the top of the Water, and if you find they are, press them down again, and so do every four or five days, letting them stand three weeks, or a month, then Tap the Vessel 3 or 4 Inches above the bottom, and try if the Liquor tastes likewise, and if it do's not, let it stand longer, till it has got the true flavour, then draw it off into another Cask that has had *Mallago* in it, and to every 20 Gallons

Gallons put a pint of the beſt *Aqua-vitæ*, a quart of *Alligant*, and 2 new-layed Eggs beaten together, and let it ſtand in a Vaulted Cellar, or ſome ſuch like place till it be fit to be drunk; if it want ſweetneſs, put in a little fine Loaf-Sugar, and it will abundantly anſwer your Expectation, and this daſhed with a little good White-wine, or curious brisk Pepin-Cyder, may well paſs for Canary.

And thus not only Artificial *Mallago* may be made, but other Artificial Wines, for it cannot but be ſuppoſed an ingenious Perſon may, by theſe Examples, invent and prepare other ſorts of Wines different from theſe in Taſt; for having once got the Knowledge of the different Herbs that bear a Signiture with the different Sulphers of the true Wine, whether ſtiptick, acid, mild, Lucious, fat or Baſſamick, ſo muſt the Imitation of the different ſorts of Wines be, whether Ribella, Tent, Rapadavia, Canary, or any others; as for White-wine, or Rheniſh, you may make them of Sweeter or Tarter Cyders, as is directions given for making Artificial Claret, baring the colouring, though you muſt be at the Labour and charge to fine them more, and keep up in them a good Body.

To restore Prick'd Wines.

TO do this take the Wine down to the Lees in an other Cask where the Lees of good Wine are fresh, then take a pint of strong *Aqua-vitæ*, scrape half a pound of yellow Bees-wax into it, and by heating the Spirit melt the wax over a gentle fire, then dip in it a cloath, and set it on fire with a brimstone Match, put it flaming in at the Bung, and stop the Cask close.

To restore Wines decayed by too much Vent, or Sowring.

STir and ferment it well with a flat-ended stick, till you have removed it in all parts, and made it ferment, but touch not the Lees; then pour in a pint of *Aqua-vitæ*, and stop it up close, and at the end of ten day it will be tollerably restored. Wine that is decayed by too much vent, may be recovered by putting burning hot Crusts of Bread into it.

For Musty-wine, or Tang'd of the Cask.

TO remedy this, rack it off upon Lees of rich Wine of the same sort, then put into a Bag four Ounces of the Pouder of Lenerel Berries, and two Ounces of the Filings

lings of Steel, let it hang by a ſtring to the middle of the Wine, and ſo by degrees lower it, as you draw it off.

To hinder Wine from Turning.

Put a pound of melted Lead, that has been melted, into fair water into your Caſk, pretty warm, and ſtop it cloſe.

To take away the ill Scent of Wine.

Bake a long Rowler of Dough, when it is ſtuck well with Cloves, let it thorrowly bake, and hang it in your Caſk, and it will remove the ill Scent from the Wine, by gathering it to its ſelf.

To remedy a bitter or ſour Scent.

Take half a peck of Barley, and boil it in two quarts of Water, till one half of the water be waſted; ſtrain it, let it well ſettle, and pour it into the Wine Caſk, ſtiring it well without touching the Lees.

Green Wine, how to ſoften it.

Put in a little Vinegar, wherein Litharge has been well ſteeped, and boil ſome Honey to draw out the Wax, and ſtrain it through a cloath, and put a quart of it into a Terce, and this much mends it in Sum-

mer especially, and some when they perceive the Wine turning, put in a stone of unslacked Lime, and it much mends it.

To keep Wine from souring.

BOil a gallon of Wine with some beaten Oyster-shells and Crabs-claws Calcined, strain out the Liquid part, and when it is cool, put it into the Wine of the same sort, and it will give it a pleasant lively Taste.

To sweeten Wine.

FIll it upon the Lees, put a handful of the flowers of Clary, and infuse in it, and add a pound of Mustard-seed dry-ground, which in a bag must be sunk to the bottom of the Cask.

Artificial Malmsey.

TAke English, Galingale Cloves, each a Dram, beat them to pouder, and infuse them a day and a night in a pint of *Aqua-vitæ* in a wooden Vessel kept close covered, then put it into good Claret, and it will make 12 or 14 gallons of good *Malmsey* in five or six days; the Drugs may be hung in a bag in the Cask.

To make Wine ſettle well.

TAke a pint of Wheat, and boil it till it burſt in a quart of Water, and become very ſoft, then ſqueeze it through a new Linnen Cloath, and put a pint of the liquid part into a Hogshead of unſettled White-wine, and it will fine it.

To make Wormwood-Wine.

TAke a good brisk Rheniſh Wine, or White-wine, and hang a pound of Roman-wormwood in a bag into it, clean ſtripped from the groſſer Stalks, and well dryed; and in 10 or 12 days Infuſion it will give it a Taſt and a curious Colour beyond what it had before: This may be done as it is drawn, by droping 3 or 4 drops of Chimichal Spirit, or Oyl of Wormwood into a quart of Wine.

To make Rough Claret.

PUt a quart of Claret to two quarts of Slows, bake them in a gentle Oven till they have ſtewed out a great part of their moiſture, then pour off what is Liquid, and Squeeze out the reſt, and half a pint of this will rough 10 Gallons.

To Recover the lost Colour of White-wine *or* Rhenish-wine.

TO do this Effectually Rack the Wi from the Lees, and if the Colour the Wine be faint and tawney put in Co ack-Lees, and pour the Wine upon the rowling and jumbling them together a co siderable time in the Cask, and in 10 12 days rack off the Wine, and it will of a proper Colour, and drink brisk a fine.

Wine that is lowering, to prevent its decay.

TAke Roach-Allom poudered an Ounc draw out four gallons of the Wi and strow the pouder in it, beat it well fo the space of half an hour, then fill up th Cask and set it on broach, being careful to let it take vent, so that by this means i three or four days you will find it a curio brisk Wine.

Of Racking Wine.

THis is done with such Instruments as ar usefull and appropiated to the manne of doing it, and cannot be so well de scribed by words, as by seeing it done however this observe in doing it: Let it b whe

when the wind sits full North, and the Weather is Temperate and Clear, that the Air may the better agree with the constitution of the Wine, and make it take more kindly; 'tis moreover most proper to be done in the increase of the Moon, when she is under the Earth, and not in full height, *&c.*

To make Wines scent well, and give them a curious flavour.

TAke pouder of Sulphur two Ounces, half an Ounce of Calamus, incorporate them well together, and put them into a pint and a half of Borrage-water, let them steep in it a considerable time, and then drawing off the water melt the Sulphur and Calamus in an Iron pan, and dip in it as many Rags as will soak it up, which put into the Cask; then rack your Wine, and put in a pint of Rose-water, and stoping the Hogshead, rowl it up and down half an hour, after which let it continue still two days, and by so ordering any Gascoin, or red Wine, it will have a pleasant scent and gust.

To mend Wines that Rope.

WHen you have set your Cask a-broach, place a course linen Cloath before the Bore, then put in the linen, and rock it in

in a dry Cask, add then 5 or 6 Ounces the Pouder of Allom, then rowl and ju ble them sufficiently together, and then on settling it will be fined down, and pro a very fluid pleasant wine, both in Tast and Scent.

To mend White, or Rhenish Wines.

IF these VVines have an unpleasant Ta your best way is speedily to draw eith of them half off, and to either of the hal put two gallons of new Milk, a handful Bay Salt, and as much Rice, mix, and be them well together for half an hour wi a Staff, or Paddeler, then fill up the Ca and when you have well rowled it, turn over in the Lees, and 2 or 3 days after yo may broach it, and it will drink very fine an brisk.

Another way to mend the Colour of White Wines, &c.

TAke a Gallon, or more, of morning Milk, put it into the Cask, and mi it well with Rowling, then when you per ceive it is well settled put in 3 or 4 Our ces of Ising-glass, and about a quarter of pound of Loaf-sugar fine scraped, and the fill up the Hogshead, or other Cask, an rowl it 4 or 5 times over, and this wi bring it to a colour and fineness.

To meliorate, or better Viſcious Wine.

IF your Wine in this caſe be what it will, your buſineſs is to take a pint of Clarified honey, a pint of Water, wherein Raſins of the Sun have been well ſteeped, 3 quarters of a pint of good white Wine, or Claret, according as the Colour of your wine is, let them temper, and boil a little over a gentle fire, to the conſumption of a third part, taking off the Scum as faſt as it riſes, put it very hot into the viciated Wine, and let it ſtand the bung-hole being open, then in a linen Bag put a little bruized Mace, Nutmeg and Cloves, and hang the Bag in the wine by a ſtring for 3 or 4 days, and ſo either new or old Wine will not only be fined, but much bettered; for by this means they are reſtored from their foulneſs and decay, and yeild a good Scent and Taſt; you may to perfect this work the more when you take out the Spice, hang in a ſmall Bag of white Muſtard-ſeed a little bruiſed, and the work is done.

To make Ice in Summer, and cooling Wine, &c.

TO make Ice take a ſtone Bottle that will hold about three quarts of water, put into it two Ounces of refined Salt-petre, half an Ounce of Florence Orriſe, and fill it with water boiling hot, ſtop it cloſe, and im-

immediately let it down into a Well, let it remain there 3 or 4 houre, and when you break the bottle you will find it full of hard Ice; or for want of this opportunity, dissolve a pound of Nitre in a bucket of water, and it will cool your Bottles exceedingly.

Some further Considerations on these Matters in Particular and General, &c.

TAke Salt of Tartar, and pour distilled Vinegar thereon until it be assatiated, every time drawing off the Phlegm, and then distill it in a coated Retort by fire of degrees, and lastly, rectify the Oil through the Spirit of Vitriol, and it will become a Acid, fragrant, and very pleasant, and a little of this put into VVine, the ponder hung in a fine linen Rag to the middle of the Cask so greatly refreshes it, that it is held to Meliorate, if not recover foul, pricked or decided VVine in a short space.

VVines may be wonderfully exaulted by Essential Salts, *viz.*

First chimically seperate the Oil of any Concreet, and the remainder Calcine to ashes, the pure Salt extract, and Christallize from thence, and reunite spagerically the fixed Salt, and the Essential Oil, and bring them to Christalline Salt, or with the Spi-

of the Concreet distill and cohobate so
ong till it is all brought over in a Balsam-
k Spirit, and this Spirit being imbodied
the Essential Salt, plainly manifests its
ying, enriching Sulphur, which will
ve Life and sulphurous Fatness, with a
urable, lasting and substantial Virtue unto
Vines, exalting both the Taste and the
well.

This Salt or Essence of VVormwood will
ake rich VVormwood-wine, and so will
at of Mint, Balm, Angelico, and other fra-
rant and aromatick Herbs.

It also gives fermentation thereunto, and
nders it excellent VVine, as VVine refined
om its Lees, and gives such Qualities as
serve the highest Commendation: The
lement of Fire, a Matter so called, made
the common yellow Sulphur, if a little
it be put into any defective VVine, pro-
uces very rare Effects, giving a grateful
ste and Colour, and will so comfort it,
at it will not easily admit of change, or
nishing, as otherwise is wont to happen, e-
pecially to common Rhenish-wine.

VVines are also enriched by Essential and
agrant Oils so made, as to incorporate
ith water or spirits of VVine, or other
Vine, for being dilated by a proper fer-
ment

ment they are easily united, and so the body of the Wine is much enriched thereby.

I might go on in this Theme to swell a large Volume, but having said enough of Practice and Experiment, and there remaining yet several other Subjects to handle before I can finish this work, I am constrained to mind my promise, in giving every one the satisfaction of variety, *&c.*

CHAP. III.

Treating of the Art and Mistery of a Distiller *in Drawing off Brandy, Low-Wines, Proof Spirits, with the true way of making Ordinary and rich Cordial-waters.*

To Distill Aqua Vitæ, *and Low-wines, &c.*

OF late years particularly, the greatest produce of Common Distillation of Spirits have been from Malt, and since the War has prohibited French Brandies, a Spirit very near it in Taste, Colour and Strength has been Extracted from Grain with Little other help; but before I come directly upon it, I shall introduce it, by

uberate in with the Art of Distilling the common Spirit, or vulgar *Aqua-vitæ*. *Aqua-vitæ*, the ground of so many curious Spirits, and Cordial Waters, is drawn off strong well brewed Beer that is strongly hopped, and well fermented; but it is not required it should be fully rich of the Malt, and it must be distilled as soon as it is well wrought, for fear it should be flat or sowr, and then great part of the Spirit will evaporate, but if it be very strong of the Malt, and in good tight Casks, it may be kept your own time.

The way to distil it is to take a large Still, with a Serpentine-worm fixed in a large Hogshead, with cold water to condense the Spirit, or for want of that an Alimbeck, yet be not too hasty at first with the fire, rather raise it by degrees to a general Heat till the Spirit comes; if the Still be very large, the best approved way is to let the Spirit run through a Funnel into a Hogshead, placed on the ground to receive it, make this Distillation as long as any good Spirit will issue forth, and when that is done you may know by the Taste, for it will be like unsavory Water, and when all the Spirit is off, this Spirit is called Low-Wine, which permit to stand 6 or 7 days, and then di-

ſtill it a ſecond time, which Artiſts term a Rectification, by which means it may be brought to Proof Spirits, or artificial Brandy; now, in this caſe you may know when the Spirit is of the ſecond time, in trying it by fire; for if it will not burn, then the Operation is at an end.

Theſe Low-wines and Spirits are the principle bodies of Strong-waters that are made of them; of which I ſhall treat in their proper place.

Now if you Rectefy a third time in Balneo, it will take off much of the Phlegm from the Spirit, and ſo a true *Aqua vitæ* will be well prepared.

The Dutch *way of diſtilling Spirits, &c.*

TAke well made Malt, and about 3 hours before you intend to uſe it, grind it, put about 6 Buſhel into a very large Caſk, ſtanding on one end, with a cover to keep in the Steem, and a hole in the middle to put in an Oar to row, or ſtir it; when the water is poured to it, put a little cold water to moiſten it firſt, and then fill the Caſk with that which is ſcalding hot, to plump and ſwell the Grain, and ſo ſtir it thorowly; when it is near cold add half a Pound of Hops, and ſo let it ſtand till it is fit for yeſt

yeſt, and then let it work 4 or 5 days, and when it is in height of its fermentation put the Liquor and Malt into a Still, raiſe the fire under it by degrees, and put not the head into the worm at firſt, for fear it ſhould boil over, and ſo foul it; but if you perceive the Vapours kindly to aſcend then put it in, and Lute all faſt, diſtill and rectify as before, and this is indeed a quick and profitable way of Diſtilling.

To make a ſort of Brandy.

TAke ſo much Malt as you deſign to diſtill, unground, boil it in a Kettle or Copper with fair water, till it break with exuberance or ſwelling, then pour it out into an open Cask, and being cold add freſh Dregs of ſtrong Beer or Ale; let it ſtand 2 or 3 days to ferment, and then diſtill it as you did the Spirits, and by adding a little Moloſſus it will paſs among thoſe that are not very curious for good Brandy, and in this caſe by its protuberating, the burſt Corn cannot be burnt in the Still to give it an unſavory Taſt and Smell, and by the Decoction, or Boiling, the ill Taſt is taken from the Corn which would otherways tang the Spirit of Brandy, and being thus boiled and broken it produceth more Spirit, and

stronger, spending all its power and strength upon it.

Brandy, little inferiour to French *Brandy, and exceeding some sorts of it, to make, &c.*

Though we cannot afford to make any quantity of Brandy of foul Wines, or Lees of Wine, as in *France*, unless at an extraordinary rate, they being refined and put to other uses more advantageous, yet we have wherewithal in this Kingdom, if men would be industrious to do it with, as well as other Nations, *viz.* Take ordinary Cyder that is not decayed, and may be had in the Countries for little, if it be foul it matters not, 20 Gallons, decayed Grocers fruit, as rotten Raisins, Currans, Figs, Dates, Prunes the stalks off, which Malaga-raisins are pricked, and the sifting of Currans, all which may be had for little, boil as many of these as will suite to 20 Gallons of Cyder, in four Gallons of moderately malted Beer, till they swell, and may be well mashed, then put them all into the Cyder Liquor, and let them ferment with stirring four days, then distill them as you are directed for *Aqua-vitæ*, and the first running will be an incomparable Brandy, and to the last it will be pretty well, and from this (at the Rate this Liquor now goes at) great profit will arise; if it be in

Vintage

Vintage time, the Husks of Pressings of Grapes, Cherries, Peaches, Apricots, Plumbs, and the like, will be excellent; if it prove too sweet a Spirit, that is easily allayed, when distilled with a few drops of Spirit of Salt, and it will not be discernable.

Another cheaper way to make Brandy.

TAke the grounds of Cyder and Perry, and if they be thick, press them thro a hair Bag, lest they burn the bottom of the Still, put ten Gallons of these to 20 of Beer, not too strong of the Malt, and four Gallons of Molossus, let them ferment together 3 or 4 days with stirring, put about a Gallon of White-wine, or Claret Lees, to them, and so distill other Spirits, and your Expectation will be very well Answered.

Of Malt Spirit, and what may be drawn off.

FRom 50. gallons of brewed Beer, or good strong Wash, in the first Extraction you may properly draw off 33, 34, or 35 gallons of Low-wines; and if they lie to better themselves in the second Extraction, they will produce 11 or 12 gallons of Proof Spirits, nay, some Malt 13 gallons, especially if you put a Can or two of water into the Still, and by this way observe to encrease or lessen your fire under the Still, as you see it runs more or less, and look well to it.

Of Honey, Molossus and Sugar, &c.

WHen you come to these Distillations, take an hundred weight of Sugar, Molossus, or Honey, and 12 or 14 Gallons of water to boil, as it may be fitting for the brewing of Malt; pour them into a large open Cask or Fat, and stir them well together to dissolve and incorporate, and when they are so, and cold enough, head it sufficiently with Barm, or Yest, or instead of water you may use Small-beer, or Wash, and then the smaller quantity of Yest will serve, and when it has well fermented, you may add for the better flavour, what fragrant Flowers, Herbs, or Spices, you please, and if it be slow in fermenting, to encrease that cast in some pouder of Rhenish Tartar, the quantity in a measure proportionable to that of the Liquor, *viz.* 2 Ounces to a Gallon, and so let it stand till it is thoroughly fermented, and well headed, and you must watch to take it in the height of its ferment, for if the head once begins to fall, which it will do as soon as the fermentation is declining, the Spirit will evaporate a-pace, and much of it will be lost; and if you work well in this Distillation, you cannot miss of 9 or 10 Gallons of Low-wines from every hundred of coarse or refuse Honey, Molas-

fus, or Sugar, which you may rectify into a very noble Spirit.

As for Sugars by which Herbs, Flowers and Berries are so fermented, as to yeild Noble Spirits, and good Wines, being distilled, take what Flower or Herb you please that is proper for this use, as suppose it should be Elder-flowers, of these take a peck clean picked, bruise them in a wooden Mortar, to each peck of them add a gallon of Water, and to that 3 or 4 Pounds of ordinary Sugar, then cover them close in a Cask to stand and ferment, which is known by their working, frothing and flowering kindly, and after that cast a very fragrant scent, and if the Fermentation be slack, you may promote it with Rhenish Tartar, as before, and so in the height of the ferment, Distill it, and it will yeild a very pleasant Spirit.

Of Raisins, and other things, used in Distillation, to make good Brandy or proof Spirits, &c.

RAisins, and other Fruit, as I have already hinted, are very Excellent in Distillation, did not the dearness of those that are good, over ballance the advantage accruing this way, as to ordinary Spirits; yet such as are damnified, and fit for little or no other use, may be improved to advantage here; when you have them, bruise them in a Mortar,

and put them in fair water, 6 Pound to [illegible] Gallons, and when they are in the Cask [illegible] make them ferment, throw in a large hand-ful of Christials of Tartar, or Rhenish Tar-tar, but some there are who use *Colx-wine* ferment them to the purpose, by adding Ale yest, Stum, or fixed Nitre and Flower work it up in a warm place, draw off the Liquor, press the drugs out dry, and Distil these, and the produce will be excellent Low-wines, which being well rectified make a pretty good Brandy.

Of Low, Dead Wines, and their Dregs.

OBserve in the distillation of these Dregs of Wine, you may ferment them with their decayed ones, or with the after-running of Low-wines, warmed, and cover-ed up in a convenient Cask; and put a Pint of Stum to every Gallon, to ferment it; or in defect of this, take Barm, or yest; and it being sufficiently so ordered, draw off the Liquor, and press out the Moisture from the Drugs through a Canvas Bag, and so distil the Liquid part, that it may yeild as much as may be, and then rectify it it into proof Spirit, and in all your Fermentations you may use Stum, which is the Flower of the Wine; and observe, that from Low-wines, small wines and Lees, Brandies are

made in *Germany* and *France*; and may by Industry, be as well improved in *England*.

Some Distillers, to make their Spirits hot in the Mouth, to impose on the Ignorant, use Spanish Grains which will do it, but it adds not to the body of the Spirit, which is weak in it self; wherefore, to prove it, put some in a Glass Viol, about half full, and Corking it close, strike it against your hand; and if the froth arising by the force continue, and go off leisurely, then it is of a good Body; but if it sputter, and run off presently, then is it a weak Spirit, and of a cold Body, how hot soever it may taste in the Mouth.

Having sufficiently, as I hope, spoken of Spirits and Brandies to inform my Reader to put my notions in practice, and by that proceed to greater Matters and Experiments than words can direct him to, I now proceed to direct him how to prepare the ordinary Strong-water, Rich Cordials, and Waters for other uses, as beautifying, &c.

Anniseed water, to make it.

Take a Pound of good Anniseeds, steep them by Infusion in 3 Gallons of Spirits of Low Wines, or Proof Spirits; but if your Spirits are high Proof, you may add a little Water in the Distillation, and then

then draw off the quantity the Spirits will
And this Rule may properly be used
distilling all common Waters with Seeds
were it not that the quantity is diversified
according as they are in Strength; for,
Cardamums you must put two Pounds
the like quantity of Spirits. And as to the
Herbs Angelica, Mint, Wormwood,
Balm, they are properly to be gather'd
their Prime, and dried in the Shade, the
the Sun, with their Moisture, draw not out
their Virtue too powerfully; and the proper
portion is varied, according as you would
have the Water more or less in strength
of the Herb; and in this Case you must
consider the strength of each Herb, and
accordingly proportion them; for
handful of Wormwood or Cardus will
go farther than three or four of Balm
Mint, &c.

Hearts-Ease, &c. to make, and order, &c.

TAke what quantity you please of
Vitæ, or Artificial Brandy, and to ev-
ry Gallon put a Pound of Seeds of Heart's
Ease, and the like quantity of the Blossoms
well dried in the Sun; tye them up in a
Bag, put them into the Still, and draw
long as you find any pleasant Taste in the
Spirit; then sweeten it with the Syrup

Heart's-Ease, and White Sugar; put it in a Cask, adding to it 2 or 3 spoonfuls of new Yest, and the White of an Egg, or so, beaten up with Flower, whereby it will have its Fermentation, and be refined fit for Sale; being a very pleasant Water.

Now, observe, In the Distillation of this, there will be apt to come over it an Oil, or white thick Spirit; thus to be freed: At the times, take a fine Holland Cloth, and rub it very well on one side with Black Lead, and bind the side so rubb'd inward, towards the End of the Worm, and so the Thickness will be kept back. And thus other Waters, of the like nature, may be ordered, and prepared for Sale, or private Use, &c.

A rich Cinnamon-Water, to make it.

THE Brandy-Spirit is always preferable if you are to make any Rich and Cordial Waters, especially that made of Malt, or any Brewers Materials, impregnated with an Azure Salt, of a Vinous Nature; and then the Spirit will give a Fragrancy in its Taste.

For instance; Take of unwasted Cinnamon 5 Pounds, Brandy-Spirit 5 Gallons, Sugar or Honey a Pound and an half; let them infuse 10 days, and then distil off the Spirit, which dulcifie or sweeten with its own Syrup,

rup; and so it proves the best and truest Tincture of Cinnamon that can be made, and proper for Physical Use.

The best, and most proper Way for Colouring, Sweetning and Perfuming ordinary Waters, usually exposed to Sale in Distillers Shops, &c.

TO do this properly, take two Quarts of the cold distill'd Water of the Herb, and of the dried Herb two Pounds, Brazil half a Pound, more or less, as the quantity to be colour'd requires; to which add, Sugar 6 Pounds; stir them very well, that they may be well mix'd; then gently decoct them in an Earthen Pot, with a close Cover 2 or 3 hours, sometimes stirring them, and immediately shut the Cover; and when they are thus prepared, clarifie them with Whites of Eggs, well beaten; and when it is sufficiently cool'd, strain it through a Fustian Bag, called a Canopy; and to every Barrel of Water, add 5 or 6 parts of this Syrup with a Spoonful of Yest, to make it work and clear it self; and in about 16 days it may be well expos'd to Sale, in good Condition, and Order.

A Syrup to make a Red Water, excelling that of London.

TAke of the best Rose-Water 3 Quarts, Red Saunders well pounded a Pound,

Rose-

Rose-Leaves, Treacle, Honey, or rather Sugar, 10 Pounds; decoct these, as before directed; then, being cool, clarifie them with the Whites of Eggs, and add the whole quantity to a Barrel of *Aqua-vitæ*; to in a small Bag put the Whites of 3 Eggs, and a fatty good Spoonful of Barm, beat them well together, and infuse of Musk a Scruple, Amber-grease 10 Grains; and suffer the Bag, with these Ingredients in it, to hang in the Liquor, fasten'd to the Bung with a String, 14 days; and then draw it off for use, and it will prove an excellent Water.

Simples, proper for Colouring Waters.

THE Use of these are not barely to colour it, but to add to the Virtue of the Water; *viz.* Cochineel, Poppy-Leaves, Turnsole, the Roots of Alkanet, Rose-Leaves, Saunders, Brasil, Logwood, Mulberries, Raspberries, Blackberries, the Juice of Sloes when they are baked, the Juice of Black-Cherries, Dew-berries, and Saffron; being, most of them very wholsom, and cordial: So that they being, in their proper Seasons, to be had at easie Rates, you must take the Advantage of making the Waters at the Times proper, unless you husband them so as to keep the Juice and Syrup of the Fruits, to serve on all Occasions.

To make Right Usquebaugh, *according to Receipt of that which was made for King's Use when he was in* Ireland.

TAke 10 Gallons of a good Brandy-Spirit, made from Strong Beer and fine new Malt, Anniseeds one Pound, Cloves Ounces, Nutmegs, Ginger and Carraway-seeds, each 4 Ounces; distil them into Proof-Spirit, according to Art, as already directed for Proof-Spirits. This done, add to the liquid part Spanish Liquorish, Raisins of the Sun stoned, of each 2 Pounds well bruised, Dates stoned, and the white Skin taken off 4 Ounces; Cinnamon, the like quantity; keep them 4 days in a close Vessel, well stop'd; and at the end of 3 days, add 3 Grains of Musk and Amber-grease dissolved and dulcified with 3 Pounds of *Nevis*-Sugar; stir them well at times ten days, and strain the liquid part through a Flannel bag on a Sieve, or any other convenient place; fine it down with Whites of Eggs and Flower. Some there are that only draw off the Lees, into other Casks, that keep when fine. And thus, as you would have it richer, or weaker, you may take better or worse Spirits, or more or less of the Ingredients, though the way of making and ordering is the same.

Aqua Corroborans, *or the Heart-strengthening Cordial-Water, to make it.*

TAke Betony, Bugloss, Cowslips, Balm, Sage, in the prime of their Sap, of each an handful, Low Wines two Gallons; distil it into Proof-Spirits, and then put to it Nutmegs, Gallenga, Cubebs, Cloves, Mace, Cardamums, and Flowers of Melilot, of each 2 Ounces; the Juice of Celendine 3 Pints, and the weight of all these in Proof-Spirits, Currant-Wine a Gallon, or, for want of it, White-wine; let them ferment and digest 24 hours with moderate stirring, then distil them in Balneo till the Herbs grow dry.

Its Virtues.

This approved Cordial fortifies the Heart against Infections, strengthens the Stomach, and creates a good Digestion; as also, the principal Faculties being good in all cold Diseases.

Stomach-Water, to make it.

TAke of *Gascoigne*-Wine, or, for want of it, of Midling Spirits of Wine, a Gallon, Gallinga, Nutmegs, Ginger, Cloves, Spanish Grains, Annifeeds, Carraway and Fennel-Seeds, each an Ounce; Red-Rose-Leaves, Mint, Sage, Pellitory, Cammomile, Thyme, Lavender and Avens, each a handfull; bruise the Spices in a Mortar, separate

rate and grosly bruis'd the Herbs, put them well mixed into Spirit of Wine, and let them stand 9 days in the Cold, keeping the Vessel close stop'd, or cover'd; then distil, dulcifie and colour it with Syrup of Raspberries, or, for want of it, that of Mulberries, and it will prove a Soveraign Pectoral Cordial.

Plague-Water, to make it.

TAke the Roots of Rutland Sage, the Leaves of Angelica, of each 3 handfuls; White Ginger, Long Pepper and Nutmeg, each 2 Ounces and a half; Spirit of Elder 2 Gallons, the Husks of green Walnuts, or Walnut Leaves, 2 Pounds, Malaga-Wine 2 Quarts, *Venice*-Treacle and Mithridate, each 4 Ounces; digest them, grosly bruised, 10 days, and then distil them so long as any pleasant Water will come, and to that which comes over, add a Pint of *Hungarian* Water, and as much Syrup of Vinegar, with about 2 Ounces of Loaf-Sugar, and let it ferment with the help of the White of an Egg and a little Flower tied up in a Bag, 5 or 6 days, and so it will grow clear, and fit for Use.

Its Virtues,

It preserves against Infections and Pestilential Airs, Measles, Small-Pox, and all Pestilentious or Contagious Diseases. About an Ounce

at a time is a sufficient Dose to take, Morning, Noon and Night. It helps Digestion, and wonderfully fortifies a cold Stomach.

Aqua Multifaria, *to make it.*

THis is a Water stiled to be of many Virtues.

To make it, Take Betony, Balm, Sage, Buglos, Cowslips, gather'd in their prime, of each a handful; Bay-Leaves and Mother-wort, of each a handful and a half; Flowers of Lavender, Rosemary, Lilies of the Valley, and *Rosa solis*, each a handful; Saffron two Ounces, the Juice of Celendine two Pounds, Wood of Alloes an Ounce and a half, Turmerick 4 Ounces, Spirit of Wine 6 Quarts: Let these digest well 6 days, and distil them in *Balneo Sol* artificially.

Its Virtues.

It is an Excellent Water for the Head, in all the Pains and Afflictions incident to it. It eases the Pains in the Breast, Heart, Liver, and other Vital Parts; strengthning Nature, and fortifying the Faculties; and conributes greatly to Health and Long Life. But you must take it moderately, in small Doses; *v.g.* an Ounce at a time. And if any of these Cordials prove too hot for your Palate, or Constitution, you may allay them with cooling simple Waters; as Balm, Buglos, Sabeons, Comfrey, and the like.

Aqua Triplex, *or a Threefold Water, to make*

TO make this, take four Pounds of *Ven* Turpentine; Mastick and Frankinsense of each two Ounces; Aloes Epatica, Da flones, Ladanum Castor, the Roots of Be tony and Elicampaign, or each two Ounce Cloves, Cardamums, Ginger, Nutmegs, Ga langale, Zedoare, Pepper, Laurel-berri Spicknard, Smallage-seeds, Mugwort-seed Annifeeds, flowers of Brasil, Elder-flowe Red and White Roses, Lignum Aloes, C bebs, *Calamus-Aromaticus*, Juniper-berri Germander, Mace, Formentil, Agrimony, Fumitorie, Centaury, Pimpernel, *Dra Leon*, Eudine-seeds, Sorrel, yellow Saunde Fetherfew, Aloes Repatick, of each tw Ounces; Rubarb, 3 Ounces; Raisins, Dri Figgs, Dates Stoned, and sweet Almond of each 4 Ounces; Honey, 6 Pound; Sug 10 Pound; Spirit of Elder, well rectifie as much as is sufficient to cover all these i gredients about 4 Fingers; then add Mu and Ambergreese, of each two Drams; S froo, two Ounces and a half; put all the into a Retort, cover the mouth with a Co very fine, and then Lute it over; after th tye it fast with a bladder, and let them Ma rate 40 days in Horse dung; then re

it, and distil it in a strong Balneo, and as the first will come a white Spirit, then a saffron coloured, and the last will be red, with some Oil floating on it; Let each be receiv'd a-parte. And when this Operation is over in Balneo, you may distil it on a violent fire in Sand, to see what more may be gotten; for it is so precious, that none of it ought to be lost.

Its Vertues.

The first Drawing off is admirable to bathe Pains, Aches, or Numbed Joynts; proper for new Wounds, sore weak Eys; Plague Sores; for the Pearl and Web in the Eye, the Stone and Stranguary.

The second Drawing, or Water, is a Remedy for the Corruption of the Blood, Leprosie, for the Weakness of Members, for the Ague.

The third Water Strengthens the Brain, and takes away cold Diseases that afflict it; as Rheums, Catarrs, and Expells offensive Vapours, and is proper for the Palsie and Gout, with other Consonant Diseases.

The powerful United Spirit of Scurvy-grass, to make it.

DIstill from what quantity you please of Scurvy-grass Wine a high Spirit, which

pour on fresh *Scurvy-grass*, and distil it again repeating the Operation till it becomes very strong, of a Grass Green, and a fragrant scent, so that when it is fixed it will burn clean away without leaving any moisture behind it, then by distillation make the Oil of *Scurvy-grass*, and by Calcination its fixed Salt, and so according to the Sagirical Art reunite these, and then you have the powers, and whole Virtue of the Herb, looking of a curious green.

Its Virtues.

This is an excellent Remedy for the Scurvy, it gives Circulation to the Blood, by dissolving and dissipating congealed Humours, it destroys not only the Salin, but also the Acid and Crude Humours from whence the Scurvy hath its Original, whether contracted by eating gross, raw, or crude Fruit, raw Herbs, salt Fish or Flesh.

For the Scurvy, Jaundis, Pitick, or shortness of Breath; these powers may be used at any time, the oftner the better; the Dose is from 10 to 30 in a Glass of Beer, or any other convenient Liquor, and after the spending 3 or 4 Bottles, you may take the golden Spirit, usually Sold, about half a Bottle of it once a week, keeping your self warm, and taking comfortable Diet after it.

and so the relicks of the Disease will be carried off, the Blood purified, and such Crudities as breed Worms destroyed.

The powerful United Spirit of Elder, to make it.

TAke *Elder-Wine*, made as I have directed in the 3d Chapter, as much as you think convenient, adding thereto Elder-flowers; let them ferment in it, and take it at the height of Fermentation, when it has the greatest Fragrancy, lest it lose much of its Vivor, Strength and Spirit; put it into a Still, and distil it as long as any goodness will come, but observe, those Wines made for distillation ought to be that of the Juyce pressed out only, and no Water added, adding its proper ferment, and some Sugar and Honey to help it on; add fresh Flowers in their prime, and reiterate the Fermentation and Distillation, and so the Spirit will be very fragrant, purely impregnated with the Virtues of the Concret, and to every Pound, or Pint of this Spirit, add an Ounce of its Salt, and two of the Oyl, and so unite them together.

Its Virtues.

The Virtues of the Powers are many, and rare: It cleanses the Blood, and expels Hydropical Humours, and is good in Obstru-

ctions: It takes away Putrifaction and Inflammations in any part of the Body: It clears and cools the Skin. The Oil of it is excellent against Scorbutick Humours; as, the Itch, Piles, Bruises, Strains, or any Cold setting in the Joints; and allays the Pains of the Gout. In Convulsions, Palsies, Vertigoes, Calentures, or sudden Swoonings, 'tis very prevalent. Twill last many Years, carried by Sea or Land. And upon the Approach of a Proxism, if you drop 20 or 30 Drops into a Glass of Water, and drink it, 'twill wonderfully abate the Violence thereof, and strengthen Nature: Dip also for this the Corner of your Handkerchief in it, snuff up the Scent, and smeer the Temples with it.

For Children, 9 or 10 Drops are sufficient, in a Spoonful of Water, sweeten'd with Sugar, or the like: But the Mother may take a full Dose, as 20 or 30 Drops, whilst the Child is sucking, and then the Prevalency of it will appear. It also abates the Oppression of Wind, which Children are much subject to. It helps Diseases in the Breast; as, Asthmals, Dropsies, Spitting of Blood, Consumptions, and such like. It creates a good Appetite; and 'tis good for many other Things.

The

The Powerful United Spirit of Rosemary, to make it.

TAke a sufficient quantity of the Flowers of Rosemary, in their prime, infuse them in Rectified Spirits of Wine, then distil them, and unite the Spirit with the proper Oil and Salt; which far out-does the *Hungarian* Water. And by these Examples you may be enabled to prepare what Powers you will from Herbs, Flowers, Gums, *&c.*

Its Virtues.

This not only beautifies the Face, Hands, *&c.* to admiration, but also 20 or 30 Drops being taken in a Glass of Wine, or any other convenient Liquor, fortifies the Heart, cleanses the Blood, recovers the fading Spirits, causes a fresh and ruddy Complexion, is good against Fits, and helps in any cold Disease; prevents Faintings and Swoonings, drives out bad Airs or Vapours contracted in Infectious Places.

Elixir Saluris, *the best Receipt.*

TAke of Guaiacum, the dried Roots of Elicampaign, Carraways, Coriander, and Anniseeds, each 2 Ounces; the Leaves of Senna 4 Ounces, Raisins of the Sun stone'd half a Pound, Liquorice 2 Ounces; infuse these in 3 Quarts of good Brandy 4 days,

then draw it off, and infuse in it half an Ounce of good Ruburb, thinly slic'd; when the Ruburb is well infused, put it into small Bottles, and keep it well stop'd.

Its Virtues.

This Elixir, so much fam'd, and long kept as a Secret, purifies the Blood, carries away slimy Matter from the Bowels, eases Pains in the Belly, removes Gravel and Sand, bringing it away with Ease, by taking 2 or 3 Spoonfuls of it Morning and Night.

Elixir Proprietaris, *to make it.*

TAke Aloes, Myrrh and Saffron, of each half an Ounce, infuse them in 3 Quarts of Spirit of Wine, drop in a few Drops of Spirit of Sulphur, then let them digest in a Glass well stop'd 30 days; at the end of that time, having often shaken it, you will perceive a black Tincture on the top, pour that off, and let it stand 24 hours, then decoct it till no Feeces remains at the bottom. Take a moderate Spoonful of this in a Glass of Wine, in a Morning, fasting.

Its Virtues.

'Tis exceeding helpful in Agues, or Rheumatisms; and, indeed, in any cold Diseases. It fortifies Nature, and gives a lively, fresh Complexion. But observe that you continue temperate in Meats and Drinks the day

you take it, that it may work the better upon the Crudities, and disburthen Nature of what is oppressing, and most noxious to her.

Marigold-Flower-Water, to make it.

TAke a quarter of a Peck of well-blown Marigold-Flowers, dry them a little in the Sun, put to them a Quart of Spirit of Wine, and distil them in a cold Still till they become dry.

Its Virtues.

This is admirable for Pains and Noises in the Head: It cures Inflammations in the Eyes, and Heart-sickness.

The curious Cordial, called Dr. Stephens's Water; or, The Golden Cordial; how to make it the right way.

TAke a Gallon of Claret, or brisk Canary, not over-sweet; of Ginger, Cinnamon, Grains of Paradise, Nutmegs, Gallingale, Fennil and Coriander-seeds, each 3 Drams; Mint, Sage, Rose-Pellitory, Rosemary, Wild Marjorum, Wild Thyme, Commomile and Lavender, of each a handful; beat the Spices very small, cut and bruise the Herbs, put them to infuse in the Wine 24 hours, and distil them in an Alimbeck.

This is called *the Golden Cordial*, and is a great Fortifier of the Heart and Stomach: 'Tis good in Pestilential Diseases, and is a

long Continuer of Health, even to extream Old Age.

Orange-Water, to make it.

TO make this, pare *Sevil*-Oranges, and put the Piels into Low-Wines, or Spirits, and distil them, and it will produce a curious Water, both for Scent and Taste. 'Tis sometimes, in Proof-Spirits, done only by Infusion.

This, with a little Saffron infused in it, is an excellent Cordial to ease Pains in the Head, Heart or Spleen, and very much warms and enlivens the whole Body.

Surfeit-Water, to make it.

TAke good Brandy, as much as you think convenient; steep a good quantity of Red Single-Poppy-Flowers in it, the black Bottoms being taken away; and when, by Infusion and squeezing, the Brandy is well tinctur'd with them, put in fresh ones, till it becomes deeper dyed; then take of Ginger, Cinnamon and Nutmeg, 2 Drams each, to a Quart of the Liquor; bruise them grosly, and infuse them; then to every Quart, add a quarter of a Pound of Loaf-Sugar; let this infuse 20 days, then strain off the Liquid Part, and keep it for Use, as an excellent Cordial in case of any Surfeit, or Over-charging: It eases Pains in the Head, and strengthens the Heart.

And

And so, from these, I shall regularly proceed to other curious, useful Things, pleasant and profitable; and, in all Particulars, make good what I have promised; with many Additions.

CHAP. IV.

To make Perfum'd Waters, and such as are proper for Scenting and Beautifying.

Rosa Solis, *to make it.*

PUT 2 Pounds of Sugar to a Quart of Water, in a Copper Vessel, over an Ember Fire; let them seeth to the Consumption of a fourth part; then put in 2 spoonfuls of Orange-flower-Water, and throw in an Egg, White, Shell and all, well beaten, stir it well with a Whisk in the Liquor; and when it boils take it off, strain it well 2 or 3 times; and when it becomes clear, pour into it a Quart or 3 Pints of right Brandy, and add Essence of Hypocrass, or Amber, and it will be a curious Perfum'd *Sola.*

Essence of Hypocrass, to make it.

TAke a Glass Bottle that is very strong, pour in half a Pint of Spirit of Wine, add half an Ounce of grossly bruis'd Cinnamon,

mon, half an Ounce of Cloves, a Grofs of Ginger, and a few Coriander-seeds well bruised, 4 Grains of Black Amber, or Amber greafe, bone the like in a Mortar; then corking down the Bottle very fast, expose it in Sand a Month to the Sun, and it will prove a curious Perfum'd Cordial. By this Rule you may make greater Quantities. But never let the Bottle be full, lest it break with the strength of the Spirit.

Orange-Flower-Water, to make it.

TAke 2 Pounds of Orange-Flowers, infuse them in 3 Pints of White-wine, and then distil them, and they will yield a curious Spirit. But if you design this only for a Perfume, or Wash, they may be infused in fair Water, and drawn off in a cold Still.

Millefiore, or a Thousand-Flower-Water, to make it.

TO make this, Take a strong Glass Bottle, and put into it a Pint of Angel-water; beat 12 Grains of Musk in a Stone-Mortar, and put it into the Bottle; then put in what wholsom Flowers you please that are of a curious Scent, more of the weaker than the stronger, which may temperate and allay them with the Water; and when they have been infused 24 hours add a Pint of Spirit of Wine, and pour off the Water; and it will

be

be both an excellent Cordial, and a curious scented, beautifying Wash.

Angel-Water, to make it.

PUT a Quart of Orange-Flower-Water in a well glaz'd Earthen Pot, add 2 Ounces of Storax, a quarter of a Pound of Benjamine, half an Ounce of Cinnamon, a quarter of an Ounce of Cloves, and 3 bits of Calamus; set the Earthen Vessel over a gentle Fire, or Embers, till it simmer to the Consumption of a fourth part, then add a Bladder of Musk, and so let it cool; pour it by Inclination from the Settlings, and keep it in a Glass-Bottle, close stop'd.

Essence of Amber, to make it.

GET a strong Glass-Bottle, and into that put a Pint of Rectified Spirit of Wine; beat in a Stone-Mortar a Grois, or the eighth part of an Ounce of Black Amber, or rather Amber-grease, put this into the Spirit of Wine, with half a Grois of the Bladder of Musk, very small; so stop the Bottle close, set it for 14 days on Sand, exposed to the warm Sun, shaking it twice or thrice a day; but never fill the Bottle full, for fear of breaking; and when you have thus done, let it stand quiet, without shaking, another Fortnight, and it will be a curious perfumed Spirit.

Hunga-

Hungarian-Water, to make it.

PUT into a large Bottle a Quart, or some what more, of Spirit of Wine, a hand ful of Rosemary-Flowers, some Tops of Thyme, Marjoram and Sage; keep it close stop'd, and let it a Month in the Sun; dis solve the quantity of a Filbert of Orcanet in some Spirit, and put into it, and let it stand another Month, and it will prove a curious scented Spirit.

To reduce Spirits for making of Cordials.

THE Reduction of Spirits is no more than to bring them to a middle Temperature, by uniting the Aqueous Parts with the most Spiritual, and fermenting to an Union. To do this,

Take a Quart of Water and a Pound of Loaf-Sugar, boil them for half an hour very well together, or till you find them well incorporated, then let the Liquor cool till it is proper to put Barm to it; and when it is luke-warm, put in Spices as your Fancy leads you, *viz.* Cinnamon, *Jamaica*-Pepper, Orrice-Roots, Cloves grolly bruis'd and sift'd, and being pretty cool, add your Barm, and let it work up sufficiently; then you may use it for Bottling of Ale, Mead, Cyder and Wines, putting about two spoonfuls to every Bottle, a little Orrice-Root, and a few

Grain

Grains of Crystal of Tartar, and a bit of Loaf-Sugar; and corking them close, set them in a cool place, and they will drink exceeding brisk, and have a curious Flavour.

To make curious Cordial, Take of this Liquor and *Aqua Corroborans*, half a Pint of the one, and a Pint of the other, 4 Ounces of Balm-Syrup, and mix them by well shaking in a Glass-Bottle.

An excellent Cordial-Water.

TAke Balm and Plantane-water, of each a Pint, Cinnamon half a Pound, digest them 3 days, and distil off the Water, and add of this to any strong Cordial Spirit equal parts, and half the weight of Syrup of Clove-Gilleflowers or Violets, then a little Cochineel, and it will be a curious strengthening Cordial.

The Virtues of these Cordials.

The First resists Pestilential Airs, strengthens the Heart, allays the Heat or Ferment of the Blood, helps in the Green-Sickness, Jaundice, and the like.

The Second is good, and taken successfully, in all cool Diseases; as Agues, Dropsical Humours, Colds, Rhumatisms, cold Aches or Pains afflicting the Nerves, cold Sliminess of the Stomach or Bowels, Numbness, Cramp, and the like.

CHAP.

CHAP. V.

A Treatise of High Etherial Spirits, of force to fire Gun-Powder; and of making several kinds of Varnishes by their Means and Help.

To make a high Spirit, proper for China, Japan *and* Lac-*Varnish.*

TAke of Bay-Salt 3 or 4 Pounds, decripitate it very well, and give it a great Degree of Fire, but prevent its melting by well stirring it with an Iron Rod, till it is reduc'd to a curious fine Powder; and before it is quite cold, put it into a Still, pour gently on it 2 Gallons of *Aqua Vitæ*, Brandy-*Spirit*, or any other *Spirit*, and gently distil it in *Balneo* till all is come over; and by this Means the Phlegm will remain in the bottom, and your *Spirit* will at one Distillation be more fine, than at 2 or 3 where there is no *Salt*.

To know the Proof and Goodness of it, put some Gun-powder in a *Spoon*, or any thing made of Metal, pour on it some of the *Spirit*, and fire it, and when the *Spirit* burns out, if the Powder goes up in a Blast, then is it a sufficient *Spirit*: And to try the greater strength of it, hold the Spoon or Silver Taster in cold Water whilst the Spirit is burning, but let no Water come into it.

The

The Uſe of this Spirit to prepare Varniſh as Gold-Lac.

TAke of Seed-Lac 8 Ounces, of the fineſt Gum-Sandriack in Powder 4 Ounces, mix theſe very well, and put them into a large Glaſs Bottle, and put to them 4 Pounds of the Spirit; obſerve that one third of the Glaſs be fill'd, and, with Hay twiſted about it, place it in *Balneo Mariæ*, and ſuffer it to ſtand till as much of the Gums are diſſolv'd as will be, which may be in about 8 or 10 hours, with often ſhaking, ſometimes over the *Balneo*; then take Guttagamba an Ounce, *Sanguis Draconis* half an Ounce, diſſolve theſe in it, and ſtrain out the Varniſh, keeping it cloſe ſtop'd for Uſe: Some, inſtead of Guttagamba, uſe Turmerick; others, Saffron, to raiſe the Golden Colour. Gum-Anima makes a White Varniſh; and Gum-Spelt, a Black one.

To make China-*Varniſh.*

TAke Rectified Spirits of Wine a Pint, put it into a clean Bottle, and add to it of Gum-Lac 5 Ounces, ſhake them well, and let them ſtand 24 hours in a moderate Heat, ſuch as the Sun may give in the Summer Seaſon, then ſtrain it through a Canvas Bag, and being well ſettl'd by the Fire, keep it in Bottles cloſe ſtop'd for Uſe.

To make the Black Ground for Japan-*Work.*

THE Ground is of the above-named Varnish, mix it in a Gally-pot with some of the following Blacks, covering the Work 3 or 4 times, and wash it over with clear Varnish ten times, let it be done in a Stove, and polish it at the end of 8 days with Trippilo.

To make the best Black, Take an Earthen Lamp, and put into it a large Cotton, then fill it with Linseed-Oil, and receive the Smoak in a new Earthen Dish, and with a Feather, from time to time, as it comes on, brush it off, and keep it for Use.

To make a Red Varnish.

MIX Vermilion with the Grounds of the Varnish, with which cover the Work well 3 times; then strain in Carnation-Red, through a fine Linen Cloth, into the clear part of the Varnish, with which varnish the Vermilion till the Colour is pleasing to your Eyes; then with the clear Varnish alone go over with it 10 times, then let it dry 7 or 8 days, and polish it with Trippilo, as the other.

To make the Ingredients for Raising the Work, mix a sixth part of Wenting, and one part of Bole-Armoniack in fine Powder; make them the thickness of Cream, in Gum-water, and lay them on: To make the

the Gum-water, is no more than to dissolve an Ounce of Gum-Arabick in a Pint of fair Water.

To make a Varnish for Silver.

TO do this, take a Pint of the Spirit of Wine, put to it 4 Ounces of Gum-Sandriack, and one Ounce of Mastick, shake them well, and let them stand 24 Hours in a moderate Heat.

To make another China-*Varnish.*

TAke of Seed-Lac 10 Ounces, Gum-Sandriack an Ounce and a half, put these into a Can of Rectified Spirits of Wine, shake them considerably together, and let them remain 48 hours in a moderate Heat, then strain it through a Canvas Bag, and let it settle in a moderate Heat 4 or 5 hours, then drain off what is clear, and keep it apart.

To make White Varnish.

TO do this, Take 3 Ounces of pick'd Sandriack, and 2 Ounces of Mastick, and put them to a Pint of Spirit of Wine, and let them dissolve well in a moderate Heat, and pour off the thinner part.

To make a Raw Varnish for Musical Instruments.

TAke 3 or 4 Ounces of the deepest colour'd Amber, and put it into a well

Leaded Pot; and melt it on a Charcoal-fire, ſtirring it with an Iron Spatula; and when it is melted it will be of a dark Colour, like Clarified Roſin; then pour it on a Marble Stone.

To puriſie the Oil, Take of the beſt Linſeed Oil, ſo much as will ſuffice, put it into a new well leaded Pot, let it boil well, and ſcum it often; and when it is enough, which you may know by putting in a Gooſe-Quill, and it will not burn, ſtrain it, and keep it for Uſe.

Then take of this Oil one Pound, of Amber above-mention'd 6 Ounces beaten very ſmall, let them heat on a gentle Fire, keeping them continually ſtirring till it be diſſolv'd; if it be too thick, add more Oil; and if too thin, more Amber; and when it is of a proper Thickneſs, ſtrain it through a Cloth, and cloſe ſtop it up for your Uſe.

To Black Wood.

TAke a Quart of Brandy, the like quantity of Spring-water, and two Ounces of Nut-Galls, the like of Salt M. boil them half an hour in an Earthen Pot, cloſe cover'd; then take a Spunge, dip it in, and with this Water cover the Work, once in 4 or 5 hours, at leaſt 30 times;

every

every time, before it is quite dry, lay on the following Dye:

Take of strong Vinegar 2 Pounds, the Filings of Iron one Pound and an half, of Rusty Iron a little more than a Pound, Salt of Verdigrease an Ounce and an half, Nut-Galls a Pound and an half, a Peny worth of Ox sublim'd, a piece of the Busk of Bois-Dean, and a Limon cut into 4 quarters; let these steep 15 days in an Earthen or Iron Pot, close stop'd; and when it is dry, polish it with Trippilo.

To Guild this.

TO do this, the Proportions are, Of Bole one Pound, of *Sanguis* or Red Stone one Pound, of Black-Lead an Ounce, of Tallow an Ounce and an half; steep the Bole in Water, and then pound the Red Chalk and Black Lead, and afterwards grind them fine with the Tallow, grind the Bole by little and little, then mingle them together, and cover them with Water.

To a spoonful of this, put 2 or 3 spoonfuls of Water, and the quantity of a Walnot of strong *Sope* Leay on 7 or 8 Couches.

CHAP. VI.

To make divers sorts of wholsom and pleasant English Liquors, *not yet treated of; some for usual Drinks, others Purging, &c. with the Virtues of the latter.*

Dr. Buttler's *Ale, the best Receipt: To truly prepare it.*

TAke of Sarsaparilla 2 Ounces; Senna, and Polipody of the Oak, of each 4 Ounces; Anniseeds and Caraway-seeds, of each half an Ounce; Liquorice, 2 Ounces; Agrimony and Maiden-hair, of each a small handful; Scurvy-grass, 10 handfuls; Grosly beat and bruise these in a Mortar of Stone, or Wood; put them into a new Canvas Bag, and hang them in 9 or 10 Gallons of Ale when it has well worked, and is 3 days old, and the 4th or 5th day it will clear up so that it may be drank with pleasure, a Pint at a time.

Its Virtues.

It chiefly Purges by gentle Breathing-sweats and Urine, being Excellent to Expel scorbutick Humours and Dropsy: It removes Gravel, slimey Matter, or other Obstructions in the Writers, or neck of the Bladder; thins and sweetens the Blood; is good against all pricking pains, or Head-aches.

To

To make Hypocrass *a new way.*

TAke 5 Ounces of *Aqua-vitæ*, 2 Ounces of Pepper, 2 of Ginger, and 2 of Cloves, Grains of Paradise 2 Ounces, Ambergrease 3 Grains, Musk 2 Grains; let all be Infused 24 hours in a glass bottle, on warm embers; and when you would use it to make Hypocrass, mix a Pound of fine Sugar, and a Quart of Wine, or Cyder; and when the Sugar is well dissolved, add to it 3 or 4 drops of this Liquor, and your Expectation will be fully answered.

This is an Excellent cooling, refreshing Liquor, and Exceeding wholsome, as well as pleasant, at all Seasons.

To make Limonade.

SCrape what quantity you think fit of Limon-peel into Water and Sugar, to which add some Drops of Essence of Sulphure, with some slices of Limon and Sugar; *viz.* half a pound of Sugar to every Pint of Water; and let them well Infuse.

This is an Excellent cooling Liquor in the Summer-season, admirable in Fevers, and in all hot Diseases, as well as pleasant on any occasion.

The way to make a good sort of Mum.

TAke a Hogshead of Water, boil it to the Consumption of a third part, and put

in 3 Bushels of ground Horse-beans, and a Bushel of Wheat, brew it according to Art, draw off, and press out the Liquor, and put in so much more as may make, in its consumption, or boiling, to a third part, the Hogshead full; but when it is turned fill it not too full at first, that it may the better work; which, when it begins to do, put to it some of the inward Rhind of a Fir-Tree, 3 Pounds of Birth, the Leaves and tops of a Fir-tree, each one Pound; *Cardus Benidictus* dryed, 3 good handfuls; Burnet, Bettony, Rosmary, Marjorum, Avens, Peneroyal, Elder-flowers, wild Thime, of each one handful and a half; Cardamum-seeds bruised three Ounces, Bay-berries an Ounce; put the seeds into the Vessel when it hath wrought a while with the Herbs; and when they are added, suffer the Liquor to work over the Hogshead as little as may be; fill it at last; and before it is stoped, put into it 10 new-layed Eggs, with their shells whole, stop it close, and let it stand 3 Quarters of a Year, or more, to Ripen: A little Horse-Radish, Watercresses, and wild pursley are added by some; and, indeed, the Horse-Radish makes it drink very brisk, but gives it a Tang.

To

To make Punch Royal.

TAke one Pound and a half of Loaf Sugar, and dissolve it in 2 quarts of Water; and if there be any dross in the Sugar, strain the Liquor through a Cloath; then add a Pint of Rhenish Wine, 6 Ounces of Limon Juice, & the Juice of 4 large Limons, 7 or 8 drops of the true Spirit of Salt, and a Dram of Alkermes, or 2 Grains of Musk, 3 of Ambergrease, a Quart of strong Brandy, and a whole Nutmeg grated, with half an Ounce of Cinnamon, and a quarter of an Ounce of Ginger finely scraped, or beaten: Stir these till they are very well mixed, and then head it with a good Toast, or Sea Bisket; you may likewise, when it is thus prepared, in what quantity you please, proportionable to these directions, bottle it up, and it will keep long, and drink exceeding brisk.

The best way to make Cyder, *and order it.*

TAke Redstreaks, Peppins, Pearmains, Reenetings, Golden Peppins, or such Apples as pleasant Fruit as your Orchard or the Country will afford when they are indifferent ripe, so that upon the Tree shaking, they will fall with tolerable ease; bruise or grind your Apples very small, and when they are come to a mash, put them into a Hair bag, and squeeze them by degrees, not over

over hastily, by turning an Iron Crow in the Screw; put up the Liquor, well strained through a fine Hair Sieve, into a Cask well seasoned, and aired; with a Lighted Rag dipped in Brimstone; then mash the pressing with a little warm Water, and add a fourth part of it, when prelled out, to the Cyder; and to make it work kindly, heat a little Honey, 3 whites of Eggs, and a little flower together; put them into a fine Rag, and hang them by a string to the middle of the Cyder Cask, then put in pretty warm, about a Pint of new Ale yest; let it work, and will purge it self from dross, 5 or 6 days, then draw it off from the Lees, into smaller Casks or into Bottles, as your occasion serves; and if the latter, leave an Inch vacant from the Cork, lest the Bottles fly, or break; and if any such danger appears, which you may perceive by the singing of the Air through the porous parts of the Cork, then it will be requisite to open them, to let out the fermented Air that threatens to burst them. In Winter cover the Casks, or Bottles warm, for fear of Freezing or Chilling; but in Summer place them as cool as you can, lest the heat make it ferment, so that it taint, become mouldy, grow thick, or ropey; and that it may the better hold, and keep

keep its body, put little lumps of Loaf-sugar into it.

Summer Cyder, for present spending, to make it.

TAke Codlins, or other juicy Summer Apples, not too sweet; or if they be, lay them with those that are sowrer, not gathering them too ripe, but when they begin to turn, and lay them to sweat in Hay or Straw for 2 or 3 days, then quarter them, and take out the Coars and Kernels, then bruise and press them as the former; boil some sliced Codlins and sliced Quinces in fair Water, with a few tops of Rosemary, and blades of Mace, and mash this Water with the pressings of the Apples; press it out as before, and mix a fourth part with the Cyder; put it up, and add 2 Quarts of white or Rhenish Wine to every 12 Gallons; purge it as the former, draw it off when settled, and keep it cool for present spending, for it will not keep longer than *September*.

To procure very Rich Cyder, *without distilling.*

TAke a Hogshead or lesser Cask of Cyder, when the frost is very violent in the Winter, expose it abroad so that it may freeze in the outward parts, and then the main strength and heart of it will retire to the middle, which will, in an Hogshead, be about 12 or 14 Gallons, when the weaker part

part is over-powered by the cold; and th
drawn off, and Bottled, will prove as C
dial as Sack.

This way is frequently used in *New-E*
land, and other places, where Cyder is pl
ty, and at a cheap rate: And that which
frozen, may be, by heat of Fire, or the S
in Summer Season, reduced to a toleral
good Vinegar, proper particularly for Pic
ling of Fruits, Flowers, Herbs, Roots, *&c.*

Perry, to make it.

TAke Red Catherins, Orange-Pears, a
some Winter Pears, mixed togethe
none over-ripe; cut them in Quarters, a
take out the Coars; then put them to so
in warm Water, sweetened with a little fi
Sugar, 12 hours; then take them out, a
press them, when bruized, as the Apple
boil the water they were soaked in, to th
Consumption of a third part, and put it t
the pressings, add of this squeezed out, to th
proper Juice of the Pears, work it as th
Cyder, and put in a few lumps of Loaf Su
gar for it to feed on; and being well fined
and drawn off, it will drink brisk, and ex
ceeding pleasant: If it grows thick, or be
over-sweet, put to it a Quart of Rhenish-
wine, wherein two Ounces of Cristal o
Tartar has been dissolved, and the Perry wil
again

gain ferment, and fine it ſelf, coming to be a curious brisk Taſte, and ſparkling.

To make Matheglin, *the beſt way.*

TAke clear Spring-water, ſeeth it over a gentle Fire, ſcuming it till no more ſcum ariſes; then add the Tops of Roſemary, ſweet Marjoram, Balm, Sage, and Surſafrax, of each an handful to 4 Gallons of Water, and ſo proportionable to a greater or leſſer quantity; let them boil 3 or 4 hours, and when it has ſo done, ſet it to cool a night, then pour it off gently from the Setlings, and ſtrain it; then add of the beſt Honey, as much as will very well ſweeten it; take the whites of 20 or 30 Eggs, beat them very well, and when it is over the the Fire, and boils, pour them in at twice, ſtir it well, and then let it boil apace before you ſcum it; and when it is boiled ſufficiently, pour it into a cool Glazed earthen Veſſel; when it is cool again, pour 5 or 6 Spoonfuls of new Ale yeſt upon it, ſtir it every day, and ſcum it with a bundle of Hyſop, or ſome ſweet Herbs, till it has done working, and then put it up into a Cask that has had Sack or Malaga in it, if you can get one; otherwiſe, ſeaſon your Cask with Water wherein ſweet Herbs have been boiled; let it have vent for 3 days after it is put up, then ſtop

it

it close; yet when you hear it make a noi
you must give it vent with a Pierces, e
if it force not out the Cork, it may happ
to make the Vessel fly in pieces.

To make this the richer, slice Ging
Cloves, Cinnamon and Nutmegs, and pu
ing them into a thin Bag, hang them by
string in it; and if it wants a good Bod
add a Quart or two of Canary, and in tw
or 3 Months it will be fit for use.

Its Virtues.

It is an Excellent Pectoral Drink, goo
against Consumptions, Physicks, and th
Asthma; it is cleansing, and diuretick
good against the Stone and Gravel, it is r
storative, and strengthening, a great Con
forter of the Vital Parts, and affords goo
Nourishment; it is cooling and pleasant
healty persons; and agrees better than Wi
with all Constitutions.

White Mead, the best way to make it.

TO do this, Take the Tops of Rosemary
Thyme and Sweet-Bryar, the Wood o
Agrimony, Eye-bright and Roman Worm
wood, of each a like quantity, *viz.* as much
of each as you can hold between your Fin-
ger and Thumb, which, in Physical Account
is called a Pugil; cover these with Spring-
water, let them continue to infuse a Nigh

nd a Day; so take them out, and boil them another clear Water, till the Colour comes gh; so shift them into another Water, and il them up till the Colour looks green, and ffer them so to do as long as any green- ss continues; then, with the Herbs in the iquor, let it stand 24 hours, then strain out e liquid part, and to every Gallon of the iquor put 2 Pounds of Virgin-Honey, and hen it will bear an Egg about the breadth f a 2 Pence above the Water, then workit ell together, so that all the Honey may be iffolv'd; then let it stand 12 hours, and then oil it again a quarter of an hour, with 26 Whites and Shells of Eggs: This done, let t cool, and put it up into a new, well sea- on'd Cask, or Bottles, with *Spices*, such as eft affect your Palate, which, if in a Cask, ou may hang in a Bag, as has been direct- d in other Liquors; but if bottled, then break into it little bits of Nutmeg, Mace, Cinnamon, *&c.*

If you are desirous to drink this pleasant cooling Liquor speedily, then, to fine it, beat wo Whites of Eggs, with a spoonful of Yest, nd 2 of Wheat-Flower, and put it into the Cask; suffer it to work well, and then stop it up, and in 9 or 10 days you may use it, tho it will keep brisk a very considerable time.

A Brown Sort of Mead, looking some what like Canary: And all the difference is the last is not boil'd to the heighth of the first; and instead of Wood of Agrimony, some use Wood of Sarsafrax, which gives a pleasant Taste and Colour: In all other Matters you may do it as the first; only add a little handful of Borrage and Balm.

Both these are very cooling and wholsom Liquors, wonderfully refreshing in hot Diseases, and in the sweltry Seasons of the Year.

This, with Surups mix'd with it when you come to drink it, may not only be chang'd into the Colour of sundry sorts of Wines, but be varied in Taste to make it more grateful to the Palate.

To make excellent Coffee.

BOil curious Spring-water 6 hours, or more; put into it, tied up in a fine Rag, a little handful of sweet Malt and Bayberries, two parts of the first, and one of the latter; then draw it off into lesser Pots, and to a Pint and an half of this Water put two Ounces of good Coffee-powder, stir it well in, and set it before the Fire, to bubble up, and it becomes rich in taste of the Coffee; then let it settle well, and pour it not out too hastily, but rather by Inclination.

Its Virtues.

This, moderately drunk, removes Vapours from the Brain, occasion'd by Fumes of Wine, or other strong Liquors; eases Pains in the Head, prevents sowr Belchings, and provokes Appetite.

To make the best Tea.

SET on your Boiler with fair Water, put into it a few Tops of Hyssop, let it boil as the former; then add a few Leaves of Sage, and a Lump of White Sugar or Sugar-Candy; and drawing it off into less Pots, put to every Pint of the Liquor a Dram and an half of the Herb Tea, and put it before the Fire to settle, and heat, and infuse well, for if it boil any thing after the Tea is in, much of the strength will evaporate, and leave it weaker than otherwise it would be; sweeten it with fine Sugar when you pour it out, more or less, according to your Palate.

To make the best Chocolate.

TAke of Milk and Water an equal proportion, let them boil, and well incorporate, but not too long, keeping it stirring, lest it burn too, and spoil; then add of your Chocolate-Cakes, grated fine, an Ounce and an half, or two Ounces if you would have it richer, to every Quart of the Liquor; then

take it from the Fire, and add to it the Yolks of 2 New-laid Eggs, beating them well, with as much fine Sugar as will sweeten it; then mill it with a Mill for that purpose till it becomes thick, and proper for drinking: This Mill is a Stick, with an Head at the End full of Notches, which you muſt, at the little end, hold in your hand, and haſtily twirl it about. Some, to high-colour it, and give it a better Flavour, put Saffron in a little Rag, or fine Sarſnet, and put it into the Liquor when it is boiling.

To make Chocolate-Cakes, the beſt way.

TAke Cocoa-Nuts, moderately dried in an Iron Pan, ſcrape or peel off the Huſk, and then beat the Nut to fine Powder, and ſift it, and to every Pound add 6 Ounces of White Sugar, one fine grated Nutmeg, half an Ounce of Cinnamon, one Bonil, of the beſt Muſk and Amber-greaſe, each 4 Grains.

To prepare this, have a Stone-Mill, or elſe an Iron Plate, very bright, and an Iron Roller, 2 hands longer than the Plate, and about 20 Pounds weight; place the Plate on a Wooden frame, ſo, that a little Charcoal Fire may be made under it, to give a gentle Heat; and firſt melt the powder'd Cocoa-Nuts and Sugar together, by rolling the Iron Roller over them, and work till the whole Maſs

Mass becomes like Dough; then add the Nutmeg, Cinnamon and Bonile; and the longer you work it, the finer it will be: Observe carefully its Oilinels, and be heedful that it burn not; therefore, observe, never to suffer the Plate to be too hot, moving the Mass from the Iron Plate often with a thin Iron Slice; and last of all put in your Musk and Amber-grease; and when it is well wrought, make it up into Cakes, or Rolls, and keep it in dry places for Use.

A curious Drink, made of Services.

TAke Services when they turn brown, but before they grow soft; lay them in Bunches, on new Hay, 3 or 4 days, to sweat and mellow, then take them from the Stalks; after that, let them lie 24 hours in fair Water, then take them out, and bruise them with your hands; put them then into Small Beer, 2 Quarts of them to a Gallon, and let them infuse there 24 hours; add a Pint of Sherry to each Gallon, and give them a gentle Breathing over a moderate Fire, then pour out and press forth the Liquor, let it work and purge as Cyder; and in all other things use it in the same manner.

Cock-Ale, to make it the best way.

TAke a Cock of half a Year old, kill him, and truss him well; and put into a Cask

about 12 Gallons of Ale; add 4 Pounds of Raisins of the Sun, well pick'd, ston'd, wash'd and dried; Dates sliced, half a Pound; Nutmegs and Mace, 2 Ounces; infuse the Dates and Spices in a Quart of Canary 24 hours; then boil the Cock in a manner to a Jelly, till a Gallon of Water is reduced to 2 Quarts, then press the Body of him extreamly well, and put the Liquor into the Cask where the Ale is, with the Spices and Fruit, adding a few Blades of Mace; then put to it half a Pint of new Ale-yest, and let it work well for a day, and in 2 days you may broach it for Use; or, in hot Weather, the second day: And if it prove too strong, you may add more plain Ale to palliate it.

This is excellent for Consumptive Persons, who are wasting in any part of the Body; and contributes much to the invigorating of Nature.

Covent-Garden-*Purl, or Purl Purging.*

TAke of slic'd Beet-root an Ounce, Coriander-seeds and Sena, each 2 Ounces; Horse-Raddish, 2 or 3 little Slices; the Flowers of Rosemary and Sage, each an handful; Roman-Wormwood, a Pound and an half; bruise these grosly together, and put them into a Canvas Bag, which put to a Kilderkin of Ale, hanging it almost to the bottom,

tom, and in 2 or 3 days it will be fit to drink.

This moderately purges by a gentle breathing Sweat and Urine, and is very cleansing for the Body, carrying off gross Humours. It was first made (as we hear of) in *Covent-Garden*, from wence it took its Name.

East-India Rack, as it is made here.

TAke a Gallon of Brandy, a Quart of tart Cyder, not sowr, Lime-Juice half a Pint, a Quart of Water, Beaten Cinnamon, Nutmeg and Ginger, of each a quarter of an Ounce; White Sugar-Candy, finely beaten, 2 Pounds; mix these well together, and put a Toast dip'd in Honey into it.

Rum, to make it.

THis is made in the Sugar-Islands, *&c.* in this manner; They steep the Grindings and Refuse of the Sugar-Canes in fair Water 2 or 3 days; then drawing off the Water, they boil it, and keep scuming of it till no more will arise; then they put it up in a Cask to ferment and work 9 or 10 days, in which time it gains a strong Body; then they draw it off from the Settlings, into other Casks, and put to it *Jamaica*-Pepper, and a few Sweet Herbs, hung in a Bag in the Cask, which gives it a curious Flavour.

In *England* it may be made after the same manner, with the Washings of Sugar-Hogsheads or Chests, and Sugar-Bakers or Sugar-Refiners Refuse, or such Foot or Dross-Sugar as is fit for no other Use but that, and Distilling; adding Sweet Herbs and Spices, as Ginger, Cloves, Cinnamon, Mace and Nutmegs; and you may have a pleasant Liquor, at a cheap rate: You may put into it Balm, Mint and Hyssop, according to the quantity you make; and being bottl'd, it will prove a curious refreshing Drink, both in Summer and Winter: You may add a little Molassus, to make it a stronger Body.

To make Variety of different Ales, and other Liquors.

IF you are desirous to have Variety of different Ales, *&c.* on a sudden, it may be easily done in the following manner:

Make a Syrup of the Root, Spice or Herb you intend, or of many, to keep by you on Occasion; and having a good, clear, strong body'd Ale, bottle it up within 3 Inches of the Cork, put in 2 spoonfuls of the Syrup, and 2 or 3 Drops of the Essence or Chymical Spirit of the Herb, Root, Flower, Spice, *&c.* either Scurvy-grass, Mint, Balm, Cyprus, Nutmeg, Cinnamon, Orange, Limon, Citron, Clove, or the like; shake it a little, and let

let them incorporate; and when you pour it out, the Ale will have the true Relish and Scent of what you put in; whether of what I have named, or of Goosberries, Rasberries, Currants, Cherries, Strawberries, Mulberries, or the like, though with some Variation of its proper natural Colour. And so, at all Times, with one good Tub of Ale in your House, and the other Materials, you may make 40 several Changes, to pleasure your self, and make your Friends wonder how you came by such Variety of Liquors.

A curious moderate Purging Ale, to make it.

TO make this so much esteem'd Ale, of new Invention, Take a Peck of the Leaves and Flowers of Scurvy-grass, Water-Cresses half a Peck, Brook-Lime a quarter of a Peck, English Rubarb 6 Ounces, Horse-Raddish 4 Ounces, Carraway and Anniseeds, of each an Ounce; Sena and Fennel, each an Ounce; Polipody of the Oak, 4 Ounces; Figs, and Raisins stoned, of each 8 Ounces; put these into 12 Gallons of new Ale, having first grosly bruised them, and put them into a fine Canvas Bag; let them stand 3 days, then draw it off, and bottle it up for Use; or keep it in an Earthen Stean or Jar, close cover'd.

Its Virtues.

This wonderfully helps in the Scurvy, restores a lost Appetite, provokes Urine, carries away the slimy Matter out of the Bowels, purifies the Blood, cleanses the Reins of Gravel and Sand, and is good in Fits of the Stone. A Pint-Glass is a sufficient Dose, to be drunk fasting: For, note, if you make these Physical Ales, or Wines, your common Drink, they will do you by far more prejudice than good; but if taken in due proportion, in Sutable Seasons, they will be a far better Friend to you, than the Doctors, with all their Pills, Bolasses, Powders, and other Potions, and not put you to the 20th part of the Charge; and they may serve to quench Thirst, and administer cool Moisture to the Body, as well as any formal Morning's Draught, which Custom has made necessary to most Men; so that there again the Expence will be but the same.

To make Ale, or any other Liquor, that is too new or sweet, stale or eager.

TO do this to the Advantage of Health, put to every Quart of Ale, or other Liquor, 10 or 12 Drops of the true Spirit of Salt, and let them well mix together, which they will soon do by the subtile Spirits penetrating into all Parts.

To

To recover sour Ale.

SCrape fine Chalk a Pound, or as the quantity of Liquor requires, more; put it into a thin Bag, and so into the Ale.

To make Sage-Tea, the best Way.

BOil your Water, ordering it in all respects as for other Tea; and to a Quart put in an Ounce of dry'd Sage; boil it up, and sweeten it to your Palate; and it will prove a very wholsom Liquor to cleanse the Blood, and cool the Heat of the Body. And thus you may do by Mint, Balm, *&c.*

Of Ales in general, brought from divers Parts of England, *and sold in* London.

THere are sundry sorts of Ales, that prove very pleasant and wholsome Liquors, brew'd after the common Methods of Brewing, but differ from ours at *London*; and many attribute the Cause to the Water; some, to the Malt; others, to their Skill in Brewing and Fining them; as *Nottingham*, *Derby*, *Burton*, *Hull*, and some others; which might, I conceive, be as effectually brew'd here, with the same Care, *viz.*

Boil then your Liquor sufficiently, prepare good Malt accordingly, give it good Mashings; let it purge well, and be gentle and easie in the Settling; draw it off from the first and second Settlings, and fine it with Izon-glass

and

and the distil'd Simple Water of Clary, and bottle it up with a very little Loaf-Sugar, and it will keep well, and answer your Expectation.

But, after all, I must acknowledge, there is a great Difference in Water, which may much alter the Liquor; and of some, good Drink cannot be brew'd, as common Experience teaches us: But the best Water for these Ales is that which is clear, moving, of a good Substance, and sweetish in Taste, and, if fermented between your hands, is smooth, and a little clammy: But on the contrary, that which is brackish, or Alomy tasted, is to be rejected.

Rules for well Bottling of Liquors.

IF any Liquor be prick'd, or fading, put to it a little Syrup of Clary, and let it ferment with a little Barm, and it will recover it; and when it is well settled, bottle it up, putting in a Clove or two, with a little Lump of Loaf-Sugar; you must have firm Corks, boil'd in Wort, or Grounds of Beer; fill within an Inch of the Cork's Reach, and beat it in with a Mallet; then with small Brass Wire bind the Neck of the Bottle, bring up the 2 Ends, and twist them over with a pair of Pinchers.

CHAP.

CHAP. VII.

The Mistery of the Fruiterers; or, the most Approved Way to gather, keep, and order divers sorts of Fruits and Berries, to keep sound, and with their natural scent and Taste in all Seasons of the year.

Of gathering Fruit in Season, &c.

IN gathering Fruit in Season, if you design them to be long lasting, and unperished, there ought to be great care taken; and to do it in general for all Fruits growing on standard-Trees, have such a Ladder as may bear Lightly on the Boughs, so as not to Endanger their breaking, and bruising the Fruit.

Gather your Fruit by the stalks to prevent bruising of them, do it when they are well ripning, but not over-ripe; and to put them in, have a Basket with a hook to hang on the round of the Ladder, or some convenient Boughs, laying Fern, or Nettles, in the bottom to keep them from pressing by their weight too hard, lay them gently in, and as gently out into the Receiver; and never proceed to gather them in a wet day, nor so early in the morning that the Sun has not time to draw up the moisture from them, lest the dampness soon perish them;

and

and where Fruit, especially Stone-fruit, not all ripe at once, gather them as th ripen, and so those that remain having greater advantage of Sap may ripen kindlier, and grow larger; gather those th have no stalks to hold by with a tend hand, lay them not on heaps, but single, Nettles, or some such Weeds not offen in smell, and they will not only perfect the ripeness, but sweat out their superfluity a be sweeter in taste; keep them in dry p ces, and if the Weather be hot, let the co North, East or West winds, breath on the by the opening of Windows, or other co veniencies, in clear, dry days.

To know whether Pears or Apples be rip gather one from the middle of the Tre cut it in the middle, and if there be a gre hollowness, and the kernels seem loose, the are of a sufficient ripeness.

Apricots, Nectrines, and such like, a known in ripeness, by the stones easily pa ting from the Fruit, and growing of a dus key colour; as for other things your Judg ment will direct you, by seeing, handling smelling and tasting.

When you gather Quinces, rub off gent ly the woolines, pack them in straw, and in a dry Cask, with a layer of Straw between each

ch laying of Fruit, for they are very sub-
ct to mouldiness and rotting upon the
ast contracted moisture, and must be pla-
d at a distance from other Fruit, because
eir scent is offensive to them.

If you gather Medlars, or Services, you
ust do it before they are ripe, just when
ey are turned brown, and by laying the
it in straw thinly, and hanging the o-
er upon Lines in bunches, they will kind-
ripen of themselves.

As for your winter Apples, it is proper to
ather them without the stalks, because they
ill soonest perish and wither.

How to stow and order your Fruit, the better to keep them sound and long in your Fruit-loft, or Ware-house.

(1.) YOur Winter-fruit in this case must not be too hot nor too cold, too close nor too open, but removed from all offensive Smells; for if any be near them, they will be apt to attract it, and spoil their taste; also it will corrupt them.

(2.) The proper place to stow them in is a Low-room, or Cellar, clean and sweet, either paved or boarded, but not too stifling or close, and into these it will be proper to lay or shift your Winter-fruit at *Christmas*; and

and with shifting and airing at convenient times, you may let them continue there till the middle of *March*, stoping, in extremely frosty weather, all the crevises with a little Straw, to keep out the frost and bleak wind.

(3.) When the warm Air returns, brought by the Influence of the Sun, if you find any considerable defect among your Fruit, remove them from these close places to airy lightsom, ceiled Rooms, giving them fresh straw, and leaving a Window open in the clear dry days, letting in the Sun beams as much as may be; observe, that where you have placed your Fruit in Cellers there be no Damp, sweaty Walls, for they will cause a mouldiness, and that will bring a Specking, and total rot, in time, among them, besides it much abates the natural Taste and Scent of those that remain sound: And thus you may order them till *Michalmas*, for sorts of Fruit there are that rarely last beyond *Alhallontide*, but by this mannagement they have been kept much longer well conditioned.

To rub them over with the juice of Spearmint, but not to let the moisture long continue on them, is a great preserver of Winter Fruit (take this as a Secret.)

(4.) Those

(4.) Those that are earliest subject to Decay, it is proper they should be laid by themselves: Those that usually continue till *Christmas*, by their selves: Those that usually continue till *Shrovetide*, by their selves: And Pearmains, John-Apples, Pippins, and and Winter-Russetings, which last all the Year, are proper to be laid by themselves.

(5.) As for Pears, they keep very long, many of them all the Year; as, the Winter-Boon-Chrestien, the Great Kareville, the Black Pear of *Worcester* Surrein, the Blossom-Pear.

(6.) There are other Apples than what I have nam'd, that may be managed to keep till new ones come again; *viz.* the Golden Doucet, the Boon Pearmain, the Reniting, and many more I might name, but they being well known to those who deal in Fruit, for Brevity sake I omit.

(7.) As for those that are speck'd, take them away, and dispose of them, whilst a good part remains sound, lest they infect the rest. Put no Fallings among lasting Fruit; but rather make Cyder, Perry, Pyes, Tarts, *&c.* of them, which will turn to a greater Advantage. You need not turn the most lasting Fruit, unless you see great Occasion, till *Christmas*, and then shift their Straw if it be

be any wise damp; however, turn it well, and lay it hollow; then you may let them remain till *Whitsuntide*; and ever observe, in your Turning, to lay your Heap lower and lower: But observe never to handle any in a great Frost, but those you take for present Use, unless they lie in a very warm Cellar, nor for a Time afterward, because at any considerable Thaw their Giving and Dampness makes them soft, and the least Bruise will subject them to rot. Also in great Rains, or exceeding damp Airs, forbear to meddle with them; yet set open the Windows, if the Weather be warm, to air them.

(8.) Whether you are to carry them by Water, or by Land, observe you do it not in Frosty Weather; nor in *March*, when the Winds are sharp and high; nor in the extream Heat of Summer; but in moderate Weather, and they will be the longer lasting.

To keep Grapes, Gooseberries, Apricots, Peaches, Nectarins, Cherries, Currans, and Plums, the whole Year.

TAke fine dry Sand, that has little or no Saltness in it, make it as dry as possible with often turning in the Sun; gather your Fruits when they are just ripening, or coming something near Ripeness, dip the Ends

od

Ends of their Stalks in melted Pitch or Bees-Wax; and having a large Box to shut down with a close Lid, dry your Fruit in the Sun a little, to take away the superfluous Moisture, and lightly spread a Laying of Sand in the bottom of the Box, and a Laying of Fruit on it, but not too near each other; then scatter Sand, with much evenness, about an Inch thick over them, and so another Laying, till the Box be full; then shut the Lid down close, that the Air may not penetrate; and always as you take out any, lay them even again; and so you will have them fit for Tarts, or other Uses, till new ones come again; and if they are a little wrinkled, wash them in warm Water, and it will plump them up again: You may use Millet instead of Sand, if you think it convenient.

To keep Figs and Stone-Fruit sound, and fit for Use, all the Year.

TAke a large Earthen Pot, put the Fruit into it in Layings, their own Leaves being between them; then boil up Water and Honey, scumming it till no more will rise, but make it not too thick of the Honey, and pour it in warm to them, stop up the Vessel close; and when you take them out for Use, put them two hours in warm

Water, and they will have, in a great measure, their natural Taste.

To keep Strawberries, Rasberries, Currans, Gooseberries and Mulberries.

TAke new Stone-Bottles, air them well in the Sun, or by a Fire; dry your Fruit from superfluous Moisture, to prevent its sweating, take off the Stalks, and put them into the empty Bottles, by a Fire, that may draw out as much of the Air as may be; then suddenly cork them up, and tye down the Corks with Wires; let the Corks be sound, and not any ways visibly porous; for if they be, the Air will come in abundantly, and corrupt the Fruit; then in a moderate cool place cover the Bottles with Sand, laying them side-ways, and the Closeness will preserve them.

CHAP. VIII.

The Curious Art of Pickling Fruits, Flowers, Buds, Roots, Herbs, and all other things properly used in Sawces; the most exact way, how to make Hami like Westphalia.

To Pickle Cucumbers to keep Green and Crisp.

TAke a sharp Rape-Vinegar, and add to each Gallon a Quart of fair Water, and a handful of Bay-Salt well beaten;

beaten; so that it may dissolve in the Vinegar, boil them well, and take off the Scum till no more will arise; and having layed your Cucumbers of a moderate size, 12 hours to steep in cold Water and Salt, as well to harden them, and confirm their Colour, as to take of the Dust they have contracted, cut your dill about 2 handfuls in length, throwing by the very large stalks, or boiling them in the Liquor, and make a Laying at the bottom of the Cask with it, and a few Bay-Leaves, and so lay your Cucumbers Regular on it, continuing the Layings between every Span thick of them, till the Cask is filled up; then put in the Head, and hoop it up close; take the Liquor from the fire and when it is Blood-warm, pour it, with a Funnel, in at the Bung-hole, till the Cask be near full; and then take some Mace sliced, Nutmeg and Pepper, boil them well in as much Liquor as will fill the Cask up, put it in, and Cork or plug the Bung-hole close, and let them stand 2 Months at least before you open them, and they will not only be Crisp, but of a curious Grass green, greener than when they were growing, and keep, with a little renewing their pickle, till new ones come in.

To Pickle French Beans.

TAke sharp White-wine-Vinegar, and a little Spanish-Salt, boil and Scum them as the former; and when it is boiling hot, having stringed your Beans, put them in, and after a boiling or two, to make them a little tender, take them off, and let them cool in the Liquor, and then put them into the Liquor you intend they shall remain in, with a Sprinkling of whole Pepper and a few Cloves; cover them over with Bay-Leaves, and lay a board, with a weight upon it, to keep them down.

To Pickle Barberries.

MAke a Pickle with Salt and Water, and boil it up to a strength till it will bear an Egg, Scum it well, and put a good handful or two of Barberries into it, and let them boil till they burst, or may be reduced to pulp; then strain the Liquor, and put it to your cold Barberries, pretty warm, and cover them with Hysop.

This way Pickle green Grapes, Plumbs, Goosberries, Apples, Quinces, Cornels, and unripe Currants.

To Pickle Mushroms.

CLean them in warm Water from the Dust they have contracted, then boil them a little, a walm or two, that they become render

render; put them into strong White-wine-Vinegar, with some bits of Cinnamon, Mace, Nutmeg, whole Pepper, and Bay-Berries; keep them as close as may be from the Air.

To Pickle Artichoaks.

PArboil Artichoaks that have full bottoms, and take off the Leaves and cheak with the strings, drain them and dry them with a Cloath, make a Pickle with fair Water and Salt, well boiled and scumed so that it will bear an Egg; then place the Artichoak bottoms in an Earthen Vessel, between Laying of Laurel or Bay-Leaves, with a few of their own Leaves about them; pour in the Pickle hot, and pour melted butter on the top, which spreding, will, when cool, keep out the Air and prevent their musting; tie over the Vessel with a Leather or Paper, and set them in a cool place, and when you would use them, soak them in fresh warm Water, which taking out the Saltness, will render them at any time fit to be used in Pies, or to boil and serve up at the Table, as a rare dish when others are not to be had.

To Pickle Broom-Buds.

TAke strong Vinegar and Water, an equal quantity; put a Seasoning of

Salt into it, then boil and Scum it well, so put in the Buds clean picked from the Stalks, let them boil a little tender, and so put them to cool, add a little *Jamaica* Pepper, and cover them them close for your use; Thus you may pickle Turnips, by cutting them in Square bits about the length of your little Finger; but then you must boil them somewhat longer than the Buds, but not soft.

To pickle Purslain and Asparagus.

TAke the tender parts of these, sprinkle them with Salt and Cloves grosly beaten together, and lay them regular in a glazed Earthen Vessel, boil Vinegar and Salt, and put it to them very hot, and then stop them up close; thus you may pickle the hard inward Hart of Cabages, or Cabage-Lettice, to serve for Salating among other Herbs, at any Season of the Year; as also the white Stalks of Endive and Succory.

To pickle green Pease, or Beans.

TAke Water and Vinegar boil them well, *viz.* the Liquor, and just scald the Pease, or Beans, and put them up in a close Earthen Vessel, and when you have a mind to boil them, steep them a night in fresh Water, and when they are boiled, they will

will eat almost as if they were new gathered, which has been proved to the admiration of many, who have wondered where such delicates could be had in the dead of Winter.

To Pickle Samphire.

MAke a strong Pickle of Water and Salt well boiled, and well scald the Samphire, but not to any considerable softness; pack it close in a Cask, and head it up.

Thus you may pickle Ashkeys, or Bramble-buds, Plantain-Roots, and the like.

To Pickle Clove-Gilly-flowers, Cowslips, Violets, Prim-Roses, and such other pleasant Flowers.

INfuse them in fair Water, over a gentle fire, and then press out the Liquid part into the Water, which, with some Sugar, you may boil up to a Syrup, as shall be hereafter shown.

Put the pressed Leaves of the Flowers in strong White-wine Vinegar, and to each Gallon add a Pound of fine Sugar, keep them as close as may be, by tying Leather over the Gallipots, to keep out the Air, and they will be Excellent Sawces on all occasions.

To Pickle Oysters.

TAke what quantity you will of pretty large Oysters, Liquor and all, wash

them clean from the Grit, and put to every 3 Pints of fair Water half a Pint of White-wine Vinegar, half an Ounce of grosly bruis'd Pepper, an handful of Salt, and a quarter of an Ounce of Mace; boil these over a gentle Fire till a fourth part be consum'd, taking off the Scum; just scald the Oysters, and put their own Liquor into the Pickle, and then put them up into little Barrels, or Pots, and stop them very close, and they will keep in cool places the Year round.

To pickle Salmon.

WHen you have cut your Fish into fit pieces, cleanse it from the Blood, by wiping and pressing it in a dry Cloth; then lay it in a Kettle of Water that is boiling, on a Tin Fish-Plate, so that it may be taken up without breaking; and being boil'd pretty well, make a Pickle thus:

Take 3 Quarts of Rape-Vinegar, and 2 Quarts of Water, boil it up with a little Fennel and Salt till it will take strong, scum it, and cool it; then lay the Fish in a convenient Vessel, and pour the Pickle to it pretty warm.

Thus you may do Sturgeon, bating the Fennel, and putting in a little more Salt: Also any other boil'd Fish, proper to pickle, souce, &c. for keeping.

To

To salt Neats-Tongues.

CLeanse the Roots well from the Moisture, and wash them well in warm Water, to open the porous Parts, that the Salt may the better penetrate; dry them well again, and make a Pickle of Spanish Salt and Water, or Bay-Salt, well boil'd in it; let them lie cover'd in this a Week, then take them out, and rub them over with Salt-Peter Salt very well, which will penetrate, and colour them red, pressing them down hard with a Board and a Weight, that being put into the Kiln to dry, they may keep their due proportion: They are usually dried with Saw-dust burnt, which, together with the Salt, gives them their dusky red Colour, which appears on the out-side of them before they are boil'd.

To make English *Hams like those of* Westphalia, *in Shape and Taste.*

TAke the Legs of young, well-grown Porkers, and cut with them part of the Flesh of the Hind-Line on either side, more than is commonly usual; then lay them in Cloths to press out the remaining Blood and Moisture as much as may be, laying Planks on them, and on them great Weights, which will bring them into Form: Some have Boxes purposely shap'd for them, with

with Screws or Weights to press down the Lid.

When they are thus order'd, salt them well with Bay-Salt, finely beaten, and lay them in Troughs, or a Wicker Pannier, one upon another, close pressed down, and cover'd with Sweet Herbs, as Hyssop, Winter-Savoury, Thyme, Penny-royal, &c. which will infuse into them a pleasant Flavour; let them continue thus a Fortnight, then rub off the common Salt, and rub them well over with Petre-Salt, and let them lie 3 or 4 days till it soaks in, it being of a wonderful penetrating Nature; then take them out, and hang them in a very close Smoak-Loft, and make a moderate Fire under them, if possible of Juniper-wood, but so that it may last long, and let them hang to sweat and dry well; then hang them up in a dry, airy place, to the Wind, 3 or 4 days, which will purge them of the ill Scent the Smoak has put into them; and then hang them up in any dry place, against you have Occasion to use them; which when you do, wrap them up in sweet Hay, and put them into a Kettle of Water when it begins to boil, and keep them well cover'd till they are boil'd, and they will cut of a curious Red Colour, and eat short and savoury, so that few can

distinguish

distinguish them from the Right *Westphalia* Hams.

To make Sausages equal to those brought from Bolonia.

TAke the Fillets of young, tender Porkers, 3 parts Lean, and one Fat, to the weight of 25 Pounds, season it well in the small shreading, and beat it in a Mortar with Pepper and Salt, a little grated Nutmeg, and a Pint of White-wine mix'd with a Pint of Hog's Blood, then stir and beat it all together till it is very small; add a few sweet Herbs small chop'd and bruis'd, as Peny-royal, Sweet-Marjoram and Winter-Savoury; then with a Whale-bone Bow open the Mouths of the Guts you are to fill with this Meat, and thrust it leisurely down with a clean Napkin, left, forcing it with your hands, you break the Gut; make Divisions of what length you think convenient, tying them with fine Thread; dry them in the Air 3 or 3 days if it be clear, and the Wind brisk; then hang them in Rows, at a little distance one from the other, in your Smoak-Loft; and when they are well dried, rub off the Dust they have contracted with a clean Cloth, anoint them over with sweet Oil-Olive, and cover them with a dry Earthen Vessel; and, either roasted or boil'd, they will

will equal those so much boasted of from *Italy.*

To recover the Flavour of Oil, when by Accident it is lost.

BUrn Roach-Allom, and beat it into fine Powder, which put into boiling Water; and when it is well dissolv'd, take the Water off, and pour the Oil into it, and work it well with it; then let it stand and settle 24 hours, when the Oil, being again imbodied, which scum'd off from the Surface of the Water beneath, it will leave its bad Taste or Scent in the Water, and recover, in a great degree, its first Flavour.

To recover Anchovies that have, by the Loss of their Pickle, become Rusty, or decay'd.

TO a Gallon of fair Water put 2 Pounds of Petre-Salt, boil it till a fourth part is consum'd, scuming it continually as the Scum rises; then put to it a quarter of an Ounce of Crystal of Tartar; mix these, well stirring them; then unpack the damag'd Fish, and re-packing them lightly, pour in the new Pickle, mix'd with a Pint of good old Pickle, and stop them up close 24 days, and when you open them again, cover them with fine beaten Bay-Salt, and let them stand three or four days; then, as you take them out for Use, be careful to cover them

them down with a Slate, and they will move well.

To recover Sturgeon, or Salmon, that is decayed.

TAke a Gallon of White-wine-Vinegar, boil it by it self, with 3 or 4 Slices of Ginger in it; boil separately 2 Quarts of Water, and a Pint of White-wine, with an handful of Salt; mix these together; then keep the Fish 4 or 5 hours in warm Water, take it out, and dry it; mix the Pickles together, and put them to it luke-warm; cover or head up close the Vessel or Cask you put them in, and let them stand 10 or 12 days before you open them.

To make good Vinegar for Pickling, &c.

TAke the Middling Sort of Beer, indifferently well Hopp'd, let it work as long as possible, then fine it down with Izonglass, so draw it off from the Settlings, and to every 10 Gallons put 10 Pounds weight of the Pressings or Husks of Grapes, mash them together, and let them stand in the Sun, if in a hot Season, otherwise in a close Room, heated by Fire; and in thirty or forty days it will prove, being drawn off by Inclination, an excellent Vinegar: For want of Grape-Husks, you may use the Pressings of Crabs, or sowr Apples, but they

they will not bring it to so good a Body or Taste.

Foul White or Rhenish-Wines, set in a warm place, will grow tart, and fine themselves to a very good Vinegar: Clarets or Red Port will do the same, but not alter their Colour. Cyder will make a tolerable good Vinegar; and so will unripe Grapes or Plumbs, *&c.*

To make Elder-Vinegar.

TAke White-wine, or good Rape-Vinegar, and fill a Cask 3 quarters full with it: then gather Elder-flowers moderately blown, in a dry day, pick off the little Sprigs and Flowers from the greater Stalks, air them well in the Sun that they may grow dry, but not so as to crumble; then put a Pound of them to every 4 Gallons of Vinegar, sowing them up in a fine Rag; and stopping the Cask close, let it stand in a warm place 4 or 5 days; and at 10 or 12 days end the Vinegar will have the perfect Taste of the Elder-flowers, and prove not only grateful in Taste, but very wholsom.

To make Rose-Vinegar, and that of other Flowers.

TO do this well, take Roses half blown, in a dry day, *viz.* the Red or Damask ones, pluck the Leaves, and cut away the Whites

the bottom with a pair of Cyzers, air them little by spreading them on a Carpet, in Shade; for if you suffer the Sun to come them, it will dry away much of their ent; then put them into a well-glazed rthen Vessel, and to every Pound of Roses t a Gallon of the best White-wine-Vine-r, cover them close, and suffer them to in-se 8 or 9 days; then take out the Roses, d press or wring them hard into the Vine-r, and so strain it, and put it up for Use; d it will have the perfect Scent of the Ro-s: And as you would have it stronger or eaker scented, so you must order it accor-ingly, in putting in more or less Roses; or, hen the first that are put in are well infus'd, ake them out, and put in fresh ones.

In this manner you may make Vinegar of Cowslips, Clove-Gilliflowers, Violets, Prim-roses, Peach-Blossoms, or the Blossoms of any fragrant and wholsom Flowers: And even of Herbs; as Mint, Balm, Sweet-Marjorum, nd the like: All which are very wholsom, much contributing to Health.

And thus having given you the best Di-rections in these Matters, I proceed to others, s weighty, and necessary to be known, for the Reader's great Advantage; taken from the most exact Experiments.

CHAP.

CHAP. IX.

The Curious Art and Mystery of Confectioners in ordering Sugars, making Sweet-Meats, Preserving, Conserving, Candying, making Syrups, &c.

Of Sugar.

IN this Undertaking, Sugar is the general Thing you must work withall: Consider it then in its Goodness; and whether you have it ready refined, or are to do it your self, chuse that which is the best, and most weighty, quantity for quantity, with others; and try it in Liquors, or any other thing, weight for weight, which sweetens most, and so you will not be deceived in the Quantities I shall have Occasion to set down in this Treatise, for the several Uses I shall attribute it to.

To make Macaroons.

TO do this well, take of Sweet Almonds one Pound, blanch them in warm Water, and shake them in a Sieve, that the Husks may loosen, and come off; then beat them fine in a Stone-Mortar, give them a sprinkling of Rose-water, and add to them a Pound of fine Sugar, well sierced; mix these well with beating, and sprinkle a very little fine Flower; to make them incorporate the better, add the Whites of two or three Eggs; and when they are so thin that they will drop out of a Spoon, like Fritters, place Wafers on an Iron-Wire Grate made for that purpose, and drop them regularly; then put them into an Oven moderately heated, and they will spread, and rise; when you see them just begin to change Colour, take them out, and put them up in Papered Boxes, very dry, for Use.

Genoua-

To make Genoua-*Bisket.*

TAke four Ounces of Sugar, and put to it a Pound of Flower, sprinkle among them a convenient sprinkling of Coriander and Annifeeds, beat in the Yolks of four or five Eggs, add as much warm Water as will make it into a Paste, make it up Bisket-fashion, and bake it in a moderately heated Oven, but not brown; then cut it into five or six pieces, or slices, which bake again till they be somewhat brown, and they will keep good a long time.

To make Naples-*Bisket.*

TO do this, well mix an equal quantity of fine Flower and Sugar, and all things else as in the former; put the Batter in Tin Coffins, and glaze the Tops with a Feather dip'd in Rose-water and Sugar.

To make the Queen's *Bisket.*

TAke a Pound of fine Sugar, put to it three quarters of a Pound of fine Flower, the Whites of twelve Eggs, and the Yolks of nine; bruise and sift Coriander and Carraway-seeds, an Ounce, beat and and mix them very well together till they come to a soft Paste, then add a little Leaven; and being well mixed, put it into Tin Coffins about two Inches over, and 4 in length, and bake them moderately.

To make Pastes of Fruit.

TAke what quantity of any pleasant Fruit you will, take out the Stones or Kernels, pare them, and boil them in fair Water to a Pulp, strain the Pulp through a coarse Linen Cloth, and to ten Pounds of it put six Pounds of Sugar, then boil them up together; and when they are well incorporated drop them on Tin Plates, and spread them a little, sprinkling them under and over with a little dry Sugar, then turn them, and let them dry; after they keep them in very warm places, as over an Oven, or

in a Stove, often turning, and sprinkling them with Sugar, till they are very dry; then put them in dry Boxes, well paper'd, and keep them for Use.

You may thus make Preserves of Bugloss, Borrage, Roses, and other Flowers and Herbs, into Paste.

To make Jelly of Quinces.

BOil up Quinces in thin slices, till a third part of the Liquor they are boiled in be consumed; then strain out the liquid part, with some of the Pulp, and to each four Pounds add a Pound of Sugar; and being cool, it will become a curious Jelly.

To make Genoa Paste.

PArt ripe Quinces, and scrape them small; do the like by Sweet Apples, an equal Quantity; put Rose-water to them, and strain them well through a Sieve; then dry it in proper Cakes, on a wooden Slice, over the Fire; then add as much Sugar as them is Paste, and boil it to a convenient thickness.

To make Marchpanes look like Rashers of Bacon.

TAke Marchpane-paste, work it with Red Saunders till it is coloured it, then roll a broad Leaf of red, and a broad Leaf of white Paste, till there be three of the White, and four of the Red, one on another, in a mingled sort, every Red between; when this is done, cut it over-thwart, and it will look like Rashers of Bacon, and not discernable otherwise without handling, or tasting.

To make Marmalade of Grapes.

TAke your Grapes, Red or White, when they are pretty ripe, gather them in a dry day, and dry them afterwards in the Sun, and being clean picked from the Stalks, boil them in fair Water, take the Scum clean off as it rises till the Water is consumed one third part, then let it simmer over a gentle Fire; and when you find it is thicken'd, strain it through

a Sieve

a Sieve; and boiling it once more, add a small matter of Sugar, and put it up in Boxes for Use, strewing it over with Sugar, and keeping it very dry.

To make Marmalade of Red Currans.

TAke Red Currans when ripe, pick them clean, and squeeze the Juice well out, add a small matter of the Juice of Rasberries, and boil them up over a gentle Fire, putting in three or four handfuls of whole Currans; and when they begin to break, put in a third proportion of Sugar, and boil it to a Candy heighth, then sprinkle it with Rose-water; and when you perceive it the thickness of Marmalade, being well scum'd, strain it through a coarse Cloth, into a glazed Earthen Pot, and keep it dry.

This is excellent cooling in Fevers, and other hot Diseases.

To make Marmalade of Damosins.

TAke about two Quarts of ripe Damosins, the largest you can get, put them in the Sun to dry, or evaporate a little of their superfluous Moisture; peel off the Skins of three Pints of them, put them into an Earthen Vessel, and those not skin'd undermost; then stop the Vessel very close, and put it into a Kettle of boiling Water, but so that no Water can come at the Fruit; and when by this Means they are grown, through the Steam and Heat, very tender, take them out, and skin and stone those that were not so ordered before; then make them into Pulp, and boil them, with their weight in Sugar, over a gentle Fire, with a little Rose-water, till they become a Marmalade.

And thus you may make Marmalade of Gooseberries, Cherries, Plumbs, Apricots, Nectarines, or any other delicious Fruit.

To make White Marmalade of Quinces.

TAke Quinces, ſliced thin, to the weight of ſix Pounds when pared and cored, and boil them to a Pulp in fair Water; to the Pulp put 2 Pounds of Clarified Sugar, moiſten'd with Roſe-water; boil them gently together till the Liquor be ſwelled out of the Quinces, and the Sugar well diſſolved, which you may try by laying a little on a Plate to cool; then put it up for your Uſe.

Thus you may make Red Marmalade, Marmalade of Pippins, Pomwaters, or other Apples; and of Orange-peels ſcraped, and boiled in 2 or 3 Waters, to take out the ſtrongneſs of their Taſte before they come to be boiled up to a Pulp, and mixed with the Sugar, Roſe-water, or Orange-flower-water. Alſo Marmalade of the Peels of Limons and Citrons.

To preſerve Medlars, or Services.

TAke of the faireſt of them when they begin to be ripe, ſcald them in hot Water ſo that the Skin may come off; and for Medlars, you may skin them at the head; the others may be let alone; add to each Pound, a Pound of Sugar, make it into a Syrup with ſome of that Liquor, and ſo put them, with it, into a cloſe Pot, for Uſe.

To preſerve Apricots.

GAther this Fruit well button'd, the Stone being ſo tender that you may run a Pin through it with eaſe, and let them dry a little from their Moiſture; then put them into warm Water, to break them, and let them ſtand cloſe covered till the tender Skin will eaſily come off with ſcraping; then put them into another Preſerving-pan of hot Water, and let them ſtand till they become very green; then clarifie an equal weight of Sugar, with the White of an Egg and ſome Water boil it up to a Syrup, and put the Apricots into it.

If you would do this when they are ripe, you must stone them, and then you need not boil them, but boil up the Syrup with the Juice of some of them and Sugar, and put them into it boiling hot.

Thus you may preserve Peaches, Plumbs, Grapes, Barberries, &c.

To make Cakes of Apricots.

TAke large Apricots, moderately ripe, scald them well in Spring-water, skin and stone them, and take out the Pulp, and add half its weight in Sugar, boil it up over a gentle Fire; and being just warm, spread it in Cakes.

Thus you may do by Rasberries, Strawberries, Currans, or such suitable Fruit, as is best pleasing to your Palate.

To dry Apricots or Peaches.

WHen you have stoned them, take their weight in double-refined Sugar, and make a Syrup with so much Water as will make them wet; boil this to the heighth that a Drop will slip off from a clean Plate when drop'd on it, and then it is enough; pare your Fruit, and put them into the Syrup when heated, then tie them up one by one, in Tiffanies, and put them in again, setting the Syrup over a quick Fire; let it boil as fast as may be, keeping it well scum'd; and when they look clear, they are enough prepared; then take them out, and lay them on a Wyre-Grate or Sieve, to drain and dry; then take them out of the Tiffanies, and dry them in the Sun, or in a Stove, and keep them for Use.

Thus you may dry Nectarines, Malacottoons, Pippins, large Plumbs, or the like.

To Conserve Citron-Flowers.

TAke more than the weight of these Flowers in Sugar, dissolve the Sugar in Rose-water, over a gentle Fire, boil it almost to the Consistence of a

Syrup; then put in the Flowers, boil it up to an heighth, and bruise them into a Conserve.

Thus Orange-flowers may be conserved.

To Preserve Damsins.

TAke the largest Damsins when the Sun has evaporated their Moisture from them, and they be pretty ripe, put a Pound of fine Sugar and an Ounce of Rose-water to every Pound of them; then put them into a large Preserving-pan, not heaped upon one another, but one by one, and set it over a moderate Charcoal-Fire, turn them not till the Syrup is so melted that it will cover them, or heat them up, then cast in more Sugar, not suffering the Liquor to seeth when you turn them, lest they burst on both sides; and being enough, take the Skins off gently, cool them, and put them in a Glass, with the Syrup, and add 3 or 4 Cloves, and a few Breaks of Cinnamon.

Thus may you preserve any Plumbs that are proper: But such as are white, and will be in a manner transparent, must have no Spice put to them.

To Candy Cloves-Gilly-flowers, and other Flowers.

PIck your Flowers from the Husks, and snip off the white Bottoms, weigh their weight in refined Sugar, put Rose-water to it, and set it over a Charcoal-fire, let it heat by degrees, and stir it till it be heighten'd to a Candy-syrup; keep them in a dry place, and use them as you find Occasion.

And thus you may candy other Flowers, as Cowslips, Primroses, Violets, and the like.

To make Mulberry-Honey.

GAther Mulberries before they come to be very ripe, do it in a dry day, when the Sun or clear Air has taken off the Moisture, strain out the Juice, and put to a Quart of it a Pound of Virgin-Honey, well incorporate them over a gentle Fire, to the thickness of Honey, and keep it in glazed Gally-pots,

pots, as a curious cooling Cordial, a little of it mixed with a Glass of Wine.

To make Musk-Sugar, or perfume Sweet-meats.

TAke 5 or 6 Grains of the best scented Musk, and put it into a fine Lawn Rag, lay it at the bottom of a Sugar-pot, and sift fine Sugar lightly in upon it, stop it close from the Air, and set it in a warm place, and the Sugar will quickly suck up the Scent of the Musk.

And thus you may do by Sugar-Plumbs, Sugar-Almonds, Macaroons, Fruit-Cakes, or the like. But be very careful to keep it close 5 or 6 days; for if the Air come freely in before the Musk has spent it self on the Confectionary Ware, the Spirit will evaporate, and it will little avail you.

To Candy Nutmegs.

TO do this, Take a Pound of Clarified Sugar, moisten it with a quarter of a Pint of Rose-water in which a little Gum-Arabick has been dissolv'd, boil them up almost to a Candy-heighth; soak your Nutmegs well in warm Water, put them into an Earthen Vessel, and pour the boiling Sugar on them; stop them up close from the Air, and set them in a warm place for 20 days, and at the end thereof they will be a curious Rock-Candy.

Thus you may do by Ginger, Mace, and other Spices, and dry Things.

To Candy Orange-Chips and Peels.

THose properly called Chips, are the Perings of the Orange, fine and thin; the Peel is, the whole half, when the Pulp or Meat is taken out. These must be boiled in several Waters, till they much abate of the strength of their Taste, and become tender; and having dried them, put as much fine Sugar to them as will cover them, boil them up to a Candy-heighth, and when that is done, take them out,

and put them in an Earthen Vessel 4 or 5 days, and let them stand warm; then put them over the Fire again, and there let them continue till they be well hot, then lay them on a Wyre Frame to drain, then put them into your Stove, or on the top of an Oven, to harden; and at 10 days end they will be fit for Use.

Limon and Citron-peel are thus Candied; as also, Eringo-roots, Fennel-stalks, and any hard Stalk, fit for Candying.

To make Orange-Marmalade.

TAke the fairest coloured Oranges, with the smoothest Rhines, scrape off just the out side, and clear them within as much as you can of the Pulp and spungy inside, boil them in water, often shifting them, till they have lost their strong Taste; then boil them to a Pulp, and bruise them to mash in a Mortar, and add 3 or 4 yellow Pippins, boiled soft, to every dozen of Oranges; add to this Pulp as much its weight in refined Sugar, put it into your Pan, with as much Rose-water as will dissolve it, boil it by degrees to a candy height, and when the Pulp is put in, stir it all the time from the bottom of the Pan, so put it up in Pots or Glasses, and keep in dry places, for use.

Thus you may make Marmalade of Limons, Citron, and the like.

To make Transparent Quince-Cake.

TAke a quarter of a Pint of the Syrup of Barberis, and a Pint of Quince-Syrup, clarifie them over a gentle fire with well beaming; put in them 20 Ounces of very fine white Sugar; and when you perceive it of a convenient Thickness, take it out with your Ladle, and pour it out on cool Tin or Pewter Plates, and then with a Knife or Spatula, when it grows cool, form it into Cakes according to your

your desire; and they will be Lucid, or Transparent, and have the Taste of the Quince it self.

To make Syrup of Quinces.

TAke of the Juice of Quinces 3 Quarts, set it over a fire, and let it Simper well, and take the Scum clean off; and when it is clarified from the Dregs, boil it to the Consumption of half; then add of deep Red Wine 2 Quarts, 4 Pounds of fine Sugar, a Dram and an half of Cinnamon finely beaten, Cloves and Ginger as much; in the like manner boil these to a Syrup, and suffer it to cook by degrees; then bottle it up, corking it very close; and use it as a great cooling Cordial.

Thus you may make Syrup of Barberries, Elder berries, Sloes, or Apples.

To make Syrup of Rasberries.

PUT six Quarts of Rasberries, pick'd clean, and well dried in the Sun, into 3 Pints of Canary, in a well-glazed Earthen Vessel, and cover them very close; keep it 400, 10 days, then distil them in a Glass or Glass-Still, adding 3 Pints of fresh Berries, and a Pint and an half more of Wine; and when the Berries have lost their Colour, strain out the remaining liquid part, and with as much fine Sugar as is convenient, boil it up into a Syrup, clearing it of Skum.

To make Syrup of Clove-Gillyflowers.

TAke 2 Quarts of Water, and a Pint of White wine, boil in it 2 Pounds of the Flowers with the Whites cut off; when they have sufficiently boil'd, wring them out into the Liquor, and add an handful or two of fresh ones; do the like by them till you see the Liquor of an high Colour, and it has taken the full Scent of the Flowers; then put in 4 Pounds of fine Sugar, and 3 or 4 Cloves, with a bit or two of Cinnamon, and boil it up to a Syrup; put it into Bottles, or close stop'd Glasses, for your Use.

Thus

Thus you may make Syrup of Roses, Violets, any Herb that is cordially pleasant, and well scented.

And thus much for these Things; Now I am to those of a different Nature, that nothing may be omitted that is useful.

CHAP. X.

The Market-man's or Woman's best Instructer, in knowing all sorts of Poultrey Ware, whether they be New or Stale, Young or Old, by infallible Signs and Tokens, to prevent being Imposed upon, or Cheated.

AS Covetousness is sordid and base, so Frugality is commendable: A little, well laid out in what is good, may yield a Sufficiency more comfortable than lavish Expensiveness; for, usually, those who are extravagant, are ignorant in Mastering, and most commonly cheated in the Price and Goodness of what they purchase. And having well consider'd this, I have laid down Rules to instruct the Buyers, in many necessary Things, that they may know what they buy, and not be imposed on.

Instructions, giving an Insight into Poultreys Worth, to know their Goodness, &c.

A Capon, to know whether a true one, Young or old, &c.

IF a Capon be young, you may perceive it by his short, blunt Spurs, and his Legs will be smooth: But some lavish Poulterers will scrape the Spurs, and

ed artificially smooth the Legs; therefore be careful of that; and if you mistrust a Trick in it, pinch a Fowl on the Breast with your Finger and Thumb, and if they go in easily, it is young; if not it is old. If it be a true Capon, it will have a fat Vein on the side of the Breast, and a thick Belly and Rump. If it be pale about the Head, and the Comb short, it is the sign of a right one; but if red, then otherwise. If it be stale 'twill have an open, loose vent; but if new, a close, hard one.

A Cock or Hen-Turkey, Turkey-Pouts, &c.

IF a Cock-Turkey be young, you may know it by the blackishness and smoothness of his Legs, and short Spur. If it has been long killed, the Eyes will be sunk in the Head, and the Foot feel very dry; but if not, the Eyes will be lively.

The same is to be observed by the Turkey-Hen. But if you expect one full of Eggs, observe further, that she will have a fast, open Vent; but if not, it will be close and hard.

The Turkey-Pouts are known, as to their Newness, or Staleness, by the same Rule. Their Age cannot deceive your Eye.

A Pullet, her Marks.

MAny, in their Marketing, have been deceived in this particular; and, instead of a Pullet, have been imposed upon, by taking an old Hen. To prevent this Evil for the future, observe, That a true Pullet has her Legs and Breast smooth, and pinches very tender on the Breast. If she be with Egg, the Belly will feel soft; but if not, more strait: If with Egg, the Vent will be opend; and if not, hard and close. As for Staleness or Newness, they have the same signs as the Capon.

A Cock, young or old, new or ſtale.

TO know his youngneſs, obſerve his Spurs; be mark they are not pared or ſcraped, to deceive you: If they be ſhort and dubbed, he is young; but if ſharp, and ſtanding out, old. An open Vent ſignifies, he is ſtale; an hard and cloſe one ſhews, he is newly killed.

Chickens.

THoſe that are dry-pulled, are ſtiff when new; but if ſtale, their Vents are green, and they limber. If they be wet pulled, or ſcalded, then rub your thumb or finger on the Breaſt; and if it be ſlippery, they are ſtale; but if rough and ſtiff, then are they new. If they are fat, by Cramming, 'tis known by the fat Rump and Vent.

The Swan.

THis, if old, is full of Hairs when pulled or ſcalded. As to the Newneſs or Staleneſs of it, in the firſt, the Foot is limber; in the latter, dry.

The Wild Gooſe, and Brand-Gooſe.

IF ſhe be red-footed, and full of Hairs when pulled, ſhe is old; but if white-footed, and without Hairs, then is ſhe young.

The Brand-Gooſe, if ſmooth when ſhe is pulled, is young; but if full of Hairs, then is ſhe old: If ſhe be new, the Foot is limber; if ſtale, dry.

The Wild Duck.

THis Fowl, when fat, is hard and thick on the Belly; but if not, then is ſhe thin and lean. If limber-footed, new; if dry-footed, ſtale. And if it be a true Wild Duck, it has a reddiſh, ſmall Foot.

The Tame Gooſe.

IF this Fowl has but a few Hairs, and the Foot and Bill be yellowiſh, ſhe is young; but if ſhe be full of Hairs, and the Foot and Bill be red, ſhe is

then

ten old. Its Newness or Staleness is known as the former.

The Bustard.

THis much-prized Fowl is known as the Turkey, for Age, Newness, or Staleness: And to that Observation, for Brevity sake, I refer you.

The Shuffler, and other Fowl.

THis Fowl is like a Duck, but less, and a broader Bill. If it be new, it will be limber-footed; if stale dry-footed. If it be fat, it will have a fat Rump; if lean, close and hard.

And by the same Marks you may know Godwits, Marrel-Knots, and Ruffs. If they are old, their Legs will be rough; if young, smooth.

The Gulls and Dotterels are known after the same manner: And Wheat-Ears are a very excellent Food for them.

The Pheasant-Cock and Hen.

THE Pheasant-Cock, when young, has dubbed Spurs; but when old, small and sharp: If he be new, he has a firm Vent; if stale, an open and flabby one.

The Pheasant-Hen, being young, has smooth Legs, and a curious fine Grain on her Flesh; but if old, hairy when pulled. If she be with Egg, she will have a fast and open Vent; if not, her Vent will be close. As for her Newness and Staleness, observe the same as in the Cock.

Heath and Pheasant-Poults.

THE first of these, if new, will be stiff and white in the Vent, and the Feet limber; and hard in the Vent if fat: But if stale, dry-footed, green in the Vent, and if you touch it hard it will peel.

And so of the latter.

The

The Heath-Cock and Hen.

THese are known, as to Newness and Staleness, by the same Marks as the fore-going: But if they be young, they have smooth Legs and Bills; if old, rough.

The Wood-Cock and Snipe.

THis Fowl, if fat, is thick and hard; if new, limber-footed; but if stale, dry-footed. Observe likewise, the Nose be snotty, and the Throat mouldish and muddy, then is it bad.

The Snipe, if fat, has a fat Vein on one side, under the Wing, and feels thick in the Vent. The other Marks are as the Wood-Cock.

The Partridge.

IF this, either Hen or Cock, be old, the Bill will be white, and the Legs of a bluish Colour; but if young, the Bill is black, and the Legs yellowish. If it be new, it has a soft Vent; if stale, a green and and open one, which, with a touch, will peel: Yet if she have fed on green Wheat, and her Crop be full, she may be tainted there, though other Marks discover it not; and to know this, smell at her Mouth.

Of Doves or Pidgeons, Plover, &c.

THese are of various Kinds; and to distinguish them in their Feather, observe the following Directions.

The Turtle-Dove has a bluish Ring about its Neck, and is otherwise, for the most part, white.

The Stock-Dove is bigger than the Wood-Pidgeon; and is a good nourishing Food.

The Ring-Dove is less than the Stock-Dove, but not so delicate a Food.

The Dove-house-Pigeon; when old, they are red Leg'd. If they are new and fat, they feel full and fat in the Vent, and are limber-footed; but if stale, flabby vented.

The

Thus you may know Bustard, Grey Plover, and Green Plover, Fieldfairs, Thrush, Mavis, Larks, Blackbirds, Wood-Larks, and all other small Birds.

Teal and Widgeon, Land and Water.

These, if fat, will feel hard and thick on the Belly; but if thin and soft, they are lean: If they be water-footed, they are new; if dry-footed, then they stale.

And by the same Rule you may know Moor-hens, Coot, Poutes, Whevers, Didappers, and other Water-Fowl.

Of Four-footed Creatures, sold in Poulterers Shops.

The Hare.

A Hare, if new, and clean-killed, will be white, and stiff; but if stale, the Flesh will be blackish in many places, and limber. If the Cleft in her Lip be wide exceedingly, and her Claws are blunt and ragged, she is old; if the contrary, then young.

The Leveret.

This, for Newness and Scaleness, as the Hare. But to know if it be a true Leveret, feel on the Fore-leg of it, near the Foot, and if it have there a small bone, or Knob, it is right; but if not, it is no Leveret, but an Hare.

The Rabet, or Coney.

If stale, she will be limber, and the Flesh look bluish, and have a kind of a Slime upon it; but new-killed, stiff, and the Flesh white and dry. And if it be a right Coney, or Rabet, it will have a small gristly Knot on the out-side of the Fore-foot, a little above the Joint. If she be old, her Claws are very long and rough, and long grey Hairs stand out among the Wooll.

And thus I have, as I hope, given a satisfactory Account of these Things to the Buyer, &c. CHAP.

CHAP. XI.

To know several sorts of Fish, whether New or Stale; and to distinguish some Kinds much in Likeness one from the other; and the Goodness of Salmon, Sturgeon, &c.

Lobsters.

THE Cock is usually smaller than the Hen, and of a deeper Red when boiled; neither has it any Spawn or Seed under its Tail. To know whether these be new or stale, unbind the Tail, and if it be stiff in opening, and snap to again, then is it new; but if limber and flagging, it is stale: If new, it has a pleasant Scent at the part of the Tail which joins to the Body; if stale, a rawnish, faint Scent. If it is spent, a white Scurf will issue out among the Roots of the small Legs, and at the Mouth. To see whether it is full, open it with the Point of a Knife, on the Bend of the Tail, as it is tied down; and if it fill the Shell there, and be red, hard, and pleasant scented, it is good; but if sinking and soft, it is spent and wasted. For the Fishmonger, to deceive the ignorant Buyer, will only open them at the extream part of the Tail; and though they be wasted, they will appear well enough there. If you suspect the Claws filled with Water, to make them weighty, as sometimes they do, pull out a Plug you will find there, and the Water will gush out.

Sturgeon.

MAny times this is recover'd by the Means I have before directed, when it has been rusty through Loss of Pickle, or dry; but if it be not well cured, it will never have its true Goodness. To know this,

cut it with a sharp Knife; and if it crumble and shiver, and feel rough and brittle between your Finger and Thumb, it is not for your turn; but if it be good, it will be a little rough, and squeeze Oily; cut in a manner like Wax, look white, and in some places have blue Streaks or Veins, the Skin limber, feeling fat underneath, and cast a pleasant Scent.

Prawns, and Shrimps.

IF new, they will be hard and stiff, cast a pleasant Scent, and their Tails turn strongly inward; but if stale, then limber, and will fade in their Colour, scent faintly, and will feel clammy, unless, in that to deceive you, they have new washed them; however, by their Limberness and Colour you may know it.

Great Fish, Great and Small.

IF stale, the Joints of their Claws will be limber, the Colour of their Shells of a dusky Red, and an ill Scent first under the Throat of them; their Eyes will be very loose, turn any way with the tip of your Finger, and sink inward.

To know the Goodness of Boil'd Salmon.

IF the Scales are bright and shining of a light Azure Colour, the Skin, when pressed down, rising again quickly, the Flesh of a blushing Colour, the Flakes parting kindly, and large, without breaking; feel oily and moist between your Fingers, and of a pleasant Scent, then it is good, and has not been made up again when damaged: But if the Scales be cloudy, dark, easily slip off the Skin, rough and stub-born, the Flakes short, dry and brittle, then is the Goodness gone from it; either it is decay'd Fish, or has been recovered by Pickle, after Damage.

Anchovies; Good, and Bad, to know them.

OPen the Cork in the middle of the Head of the Barrel, put in your Little Finger, and taste the

Pickle; if it tastes mellow, has a good Relish, and looks of a dusky Red, then is it the natural Pickle, and they may prove well: But if it be whitish, watery, rough, and very brackish, it signifies new Pickle has been put to them. But to try the Fish, open the Backs of 2 or 3 of them, and if the Flesh be of a pleasant Red, soft and mellow, the Bone moist and oily, the Flesh easily parting to good Lengths, without breaking, then are they good; but if it be stiff, brittle, of a dusky Colour, the Bone dry, and of a whitish Yellow, or blackish, then they are decayed, or have been rusty, and artificially recovered, and consequently naught.

Pickl'd Herrings; Good, or Bad.

OPen the Back, if the Flesh be soft and mellow, kindly parting from the Bone, come out in long flakes, the Bone white, and somewhat inclining to a light Red, then are they new, and good; but if the Flesh stick to the Bone, be brittle and rough, the Bone of a yellowish, blackish, or Murrey Colour, they are rusty, and of little worth.

The same of Pilchards.

Red Herrings; Good, or Bad.

IF they carry a good Gloss, and the Flesh part kindly from the Bone, and they be of a light, bright Colour, they are good; but the contrary shews them decayed, or rusty.

Of Salt-Cod, and Old-Ling.

THese are known to be good when the flakes rise well and oily, the Bone parts clean from the Flesh, and they are of a bright natural Colour and Scent; but they are bad when they break short, are hard and dry, change Colour, the Bone dry and discoloured, the Skin rough, and sticking close, not well to be stirred, or removed.

To

To know Plaice or Flounders; New, or Stale.

IF they be alive, this Scrutiny needs not: But on the contrary, ſee if their Eyes are any ways ſunk, or look very dull; if they be limber, and have an unuſual, cold, clammy Slime upon them, then are they ſtale: But if they be ſtiff, their Eyes clear, and moderate dry; their Fins ſtiff, and not crimpling or ſhriveling together, it is a ſign of Newneſs, or that they have not been long dead.

To diſtinguiſh theſe, the one from the other, they being much alike in ſhape, obſerve theſe Directions.

The Plaice has Red or Orange-colour'd Spots on her Back, her Fins more ſpreading, of a tawnyiſh or brown Colour on the Back, and a more Earthy White Belly, her Mouth ſtanding, as it were, more awry.

The Flounder is dusky, or cloudy, on the Back, without Spots; thicker, and more compacted; and a kind of an azuriſh white Belly.

Freſh Herrings and Mayeril.

THeir Newneſs or Staleneſs is known by their keeping or loſing their lively ſhining Redneſs on their Gills; for, a deadiſh, fading Colour, the Frog within their Gills turning dusky, or blackiſh, with an ill Scent, their Fins crimpling and limber, and their Eyes looking dry and dull, ſhews that they are ſtale; whereas, the contrary denotes them new.

Maids, a Fiſh ſo called; and Thornback.

THE Staleneſs appears in theſe, by their Eyes beginning to ſink, and look dull; their Fleſh feeling flabby, and a ſlimy Matter coming from their Vent; their Lips beginning to hang, and the Corners of their Mouths to be diſtorted: But when no ſuch bad Signs appear, they may well enough paſs for new.

Theſe Fiſh are held to be one and the ſame in Kind; but the Maid growing old, has Thorns or

Prickles growing out upon her Back, and is from thence called a Thorn-back.

Carp, Pike, Bream, Roach, Trout, Graling, Ruff, Chub, Tench, Eel, Barbill, Fresh Salmon, Whiting, Smelts, &c.

These, and all such like Fish, when dead, if new, will be stiff, and their Eyes well standing, of a lively Colour for a Time; but when they begin to taint, their own cold, slimy Substance makes them limber, and the Moisture falling from the Brain, renders the Eyes more dull to Appearance, and, as it were shrinking, or sinking; their Fins, though often wetted by the Fishmongers to prevent it, will however crimple, shewing Signs of approaching Putrefaction, if not already tainted.

Those that are by Nature red about the Gills have a peculiar Mark besides all these; for the lively Colour, as they grow stale, will fade, and become pale and paler, to a deadish Colour.

And by these Rules you may look over the whole Stores of Fish, and make your Judgment accordingly.

To preserve Fish a while when near Tainting.

This is meant of Fresh Fish: The best way to do it, if they are not too far gone, is, Take out their Guts, but do not wet them with Water, then sprinkle them within and without with Salt, and lay them in Rows, on Flags or Rushes, in a cool, dry Cellar, but suffer them not to touch one another, then cover them with Hyssop or Winter-Savoury; and so they will keep twenty four hours pretty well, the Herbs drawing the Scent from them, and the Rushes the Moisture and Slime; but they will afterwards be better boil'd or baked, than fryed, stewed or roasted, unless they are stewed with Spice and Wine.

And

And thus, Reader, have I given you a true Insight into what was never before in Print, and has, by much Industry, been hitherto kept from Peoples Knowledge, for private Gain, and over-reaching such as venture to Market to buy Fish, unprepared with a Caution how they are imposed upon by fair Words.

CHAP. XII.

Some Rules and Directions in Marketing, to buy Butchers Meat, and prevent being deceived.

Lamb; Good, or Bad.

IF you are to purchase a Fore-Quarter of Lamb, cast your Eye on the Vein in the Neck; if it be turning yellowish, though the Meat may scent well at that time, yet is it about tainting; and if the Weather be warm, it will not keep sweet till the next day: If it be greenish, it is already tainted; But if it look ruddy, or of an Azure Colour, then it has not been long killed. As for the Hind-Quarter, scent under the Kidney of the Loin, and feel whether the Joint of the Huckle be limber or stiff; and if you meet with a faint or ill Scent in one place, and (unless it be killed when hot) a more than usual Limberness in the other, decline it as not for your turn, unless for present spending, and your Price be accordingly.

Veal; Good, or Bad.

IF the Vein in a Shoulder of Veal appear as in the former, you have the same Rule to chuse or leave it: The further Mark is, its Clamminess, and growing more than usually limber and soft; or if you see

any Spots of Greenness about it, it is tainting, or tainted, and will not keep. If it be brought up in wet Clothes, it is apt to be musty; and here your Nose must inform you.

The Loin first tains under the Kidney; the Neck and Breast, at the upper ends; first shewing a faint Yellow, and then a dusky Green, which is the worst Symptom of tainting.

The Leg is known to be good or bad by the liveliness or changing of such Veins, or by small Streaks that appear in it, according to the former Rules, Clamminess, *&c.*

The Flesh of a Bull-Calf is redder, and more firm grained than that of a Cow-Calf, the Fat more curdling, *&c.*

Mutton; Young or Old, New or Stale.

If it be young, the Flesh will pinch up tender, and soon fall again; but if old, it will wrinkle, and remain. If young, the Fat will easily part from the Lean; but if old, it will stick faster, being very skinny and fibrous: But to try it effectually, put it cough on a Plate, over a Candle, or a gentle Fire; and if it spread and run presently, it is young; but if it hiss, and spread slowly, or little, it is old, or else Ram-Mutton, which may otherwise be known by the closeness of the Grain, and the deep redness and toughness of the Flesh; as Ewe-Mutton is discover'd by being more loose and pale, than that of Weathers: Though, indeed, the several sorts of Feeding do many times alter the Flesh some small degree in Colour and Firmness, *viz.* Up-Lands, Moors, Heaths, or Marishes. But if there be a Rot in the Case, the Flesh will be palish, the Fat a faint White, inclining to yellow; and the Meat will, in a manner, slip from the Bones when raw, if any force be used, because the Skin or Film that should

take

take hold of the porous parts of the Bones, and should unite it more firmly, if it self loosen'd by the force of the Disease.

As for Newness, or Staleness, take the same Directions as in Lamb and Veal.

Beef; its Age or Youth, Newness, or Staleness: And to distinguish Bull, Cow, or Ox-Beef, one from the other, &c.

BEef, for Flesh, is the greatest Feeder of the Nation, it being of long endurance when salted, and is never out of Season, as most other Meats at some time or other are. Therefore, though in buying it is commonly known to most, yet I may happen to put something of Caution and Instruction into their Minds that they know not; and which, for ought I know, may be greatly to their Advantage; for there are vast Sums of Money laid out weekly in this Commodity all over *England*, but more particularly in and about *London*; and therefore, according to the old Saying, *Seeing that which is good, is best*, I shall endeavour to distinguish good Beef from that which is otherwise.

Now for chusing Pieces, I shall leave that to every one's Discretion, as they like; though for Roasting, the Sir-Loin is better than any other, except the Ribs; for Boiling, the Flank, Buttock and Achbone.

If it be right Ox-Beef, it will have an open Grain; the Fat, if young, of a crumbling or Oily Softness, not tough and spungy, unless it be old, except the Brisket and Neck-pieces, and such parts as are very fibrous: The Colour of the Lean is of a pleasant Carnation-red; and the Fat rather inclining to whitish, than to much yellow.

Cow-Beef is of a closer Grain, less boned, and of somewhat less Colour, the Fat whiter; and if young,

tender, easily indented with your Finger, but will in a little time rise again.

Bull-Beef is of a more dusky Red, closer and firmer than either Ox or Cow-Beef, harder to be imprinted with your Finger, and suddenly rising on a light Touch if you do it; the Flesh brawny, and the Fat gross, and very fibrous, difficult to melt, and of a strong Scent. And thus, little or more, it will be, if it be the Flesh of a Beast that has not been gelded till grown up to full Bigness; and if old, very tough upon pinching, so that your Nails will with great difficulty enter it.

As for Newness or Staleness, this sort of Flesh has few Signs to the Eye, more than the Appearance of a lively fresh Colour for the first, and a darkish dull Colour for the latter; but cut in pieces, where the Veins can be discern'd, observe as in Lamb and Veal.

If the Beef has been too suddenly kill'd upon overheating in driving, it will soon taint, and never take Salt kindly. This you may know by squeezing it in any fleshy part where there are Veins, and with hard squeezing, a red Juice will issue out, and tincture your Fingers. As for farther Confirmation, if you mistrust your Sight, use your Scent: Bull-Beef will smell strong and Rawmish, so will that which has been over-heated in driving; and if it be your bad Luck unadvisedly to buy either of these to salt, make a strong Brine-Pickle, boil'd, and well scum'd, and put them into it 24 hours when cold; then take it out, and salt it with dry Salt, and it will take much better, because the Brine has first penetrated it to make way.

If this Meat be bruised, that place will look of a dusky Colour to the rest, as having settl'd Blood in it, that in the killing would not evacuate with the other Blood. And for the rest, use your Scent where

you

you see Cause to suspect; and believe your self, rather than the Butcher's Protestations or Oaths.

If this sort of Flesh be old, several pieces will, in your Hand, shrink a little from the Bone; but if young, it will stand firm and well where it is not divided from them by cutting.

And these Directions, together with your own Experience, cannot but be profitable to you.

Of Pork and Brawn.

IF you find little Kernels in the Fat of Pork, like small Peas, or Hail-shot, in any Number, it is Measly, and not wholsom for Food.

If in pinching the Lean, it break, and squeeze soft and Oily between your Fingers, it is young: Also, if you can nip the Skin of it with your Nails, that is another Token of Youngness; so is it when the Fat is soft and pulpy, in a manner like Lard.

But if the Lean of it be tough, the Fat very rough, spungy, or not expanding well between your Fingers and Thumb, and the Skin or Rhind stubborn, then is it old, and may be a Pigging Sow; especially, if the Flesh be extraordinary flabby, and the Skin crinkled.

If the Flesh be of a Boar, or an Hog gelded at full Growth, then it will smell Rawmish, look redder than ordinary, or, at least, of a dusky Red; and both the Lean and Fat will feel harder and tougher than usual; the Skin will be thicker, and not easily pinched up; but when it is, 'twill immediately fall again.

As for Newness and Staleness, try the Legs and Hands, or Springs, at the Bone that comes out in the middle of the fleshy part, by putting in your Finger, and scenting it; for there it first taints: the Skin will also be sweaty and clammy when stale, but smooth and cool when new. And of the rest,

you

you may make your Conjecture according to these Observations.

This is best first laid in Pickle 24 hours, and then put into dry Salt; which will give it a good Colour, and a more than ordinary savoury Taste.

Brawn is known to be old or young by the extraordinary or moderate Thickness of the Rhind, and the hardness or softness of it; though that I account best, not made of a proper Boar, but of a Barrow, gelded at 9 or 10 Months old, and kill'd the second Year. The greatest danger in this is, Mustiness, of which your Scent must inform you; and your Feeling, whether it be clammy, or not. If you design to keep it when bought, boil two Quarts of Beer-Vinegar, with a Quart of Water, and two handfuls of Salt, half a dozen Bay-Leaves, and a Race of Ginger sliced; scum the Pickle well, and when it is cold put it into an upright Earthen Pot, so that it may cover the Brawn standing upright, and keep it close.

To discover Defects in Dried Hams, and other Bacon.

TO discover Defects in *Westphalia*, *Brawn*, or *English* made Hams, Take a sharp-pointed Knife, and run it under the Bone in the in-side of the Ham, about the middle; and quickly drawing it out, scent it with your Nose; and if it has a curious relishing Savour, and comes out with little dawbing, then are the Hams good and sweet: But if it smell rank, the Knife be much clouded, and the Vent it made cast a Hogo, then, for want of well salting and ordering, they are tainted. Also try the Fat on the Edges, by cutting up a Sliver at one end, which you may put down again; if it be firm, white, and well scented, it promises a good Ham; but if loose and yellowish, or of a rusty Colour, then is it not as it ought to be; it is either rusty, tainted, or inclining to it.

Bacon

Bacon in the Gammons may be well tried in all respects as the former: And in the Ribs, see that the Flesh stick close to the Bones, and the Fat to the Lean; for if not, it has been a diseased Hog, or it is already, or inclining to be, naught. Rustiness is known by a Murrey Colour in the extream Parts of the Fat, next the Rhind; by the hardness and paleness of the Lean; and sometimes, in this Case, it is of a dark, dirty Colour.

If Bacon gives much in moist Weather, and becomes flabby and soft, it has not been well salted and dried, and therefore must be quickly spent, or it will grow naught.

Of Venison.

THE Haunches and Shoulders try under the Bones, with your Knife, as directed for the Hams; if it have a good Scent there, fear not but it may spend well: As for other Parts, observe the Colouring of the Flesh; if it be stale, it will look black, with some yellowish or greenish Specks: If it be old, the Flesh will be tough and hard, and the Fat more contracted, and of a skinny or restringent Substance; if you can see the Claws, you will find them large, and broad-spreading in the Clefts, with a deep Cleft, and the Heel horny, and much worn; the Gristles dry; and in breaking the Bone, you will find the Marrow much spent; the Horns also, if they are to be seen, will give you this Satisfaction by their more or less Snags.

To recover Tainted Flesh.

PUT it in an Earthen Vessel, full of small Holes, with a Cover to it; lay Sweet-Herbs above and beneath, with some Toasts of Bread; then dig an Hole in the Ground, and set the Vessel into it, and cover it with Earth, and let it stand 24 hours in a light, fresh Mould; and the Earth, together with

what

what is in the Pot, will take the Scent away: But it must be presently spent, or it will draw in fresh Air, and putrefie again. Where you have not this Conveniency, wash Venison in warm Water when tainted, let it soak 4 hours, then pin it into Vinegar, Salt and Pepper as long; and presently use it. Let not the Vinegar be too sharp; an ordinary sort of Rape-Eager will do best.

Of Butter and Eggs.

IF you are to buy Butter, especially of Hagglers, or Carriers, or of such as you suspect they have sold it to, take not the Taste they give you, but taste it your self at a venture, lest a well-tasted and scented Piece may be purposely placed in the Pound, to deceive you; for when Salt-Butter is rank, and decay'd, they work it up with Water, and make Fresh Butter of it. such as is sometimes cried about for 4 Pence half Peny a Pound; for the Water, by much working, takes out the Saltness, and much of the rank Scent; but then the Strength and nourishing part is lost, and in melting it turns to a faint Oil, or Wheyish Substance, not fit for Use. Salt Butter is better scented than tasted, by clapping a Knife into it, and presently putting it to your Nose: If it be a Cask, trust not the top only, for that may be purposely pack'd; but unhoop it to the middle, and thrust your Knife there through the Crevice of the Staves, and so you may be too hard for the Deceiver.

Eggs are sometimes brought by Sea, and sometimes far by Land, and consequently long in coming, and so grow nought. To know this, if you have not the Opportunity of a Candle, hold them up against the Sun; and if the White appears of a muddy or cloudy Colour, and the Yolk lies not round, or is broken in any, then are they nought; but if they be clear, and

and fair, then they are good. If you have none of these Advantages, you may inform your self by shaking them; and if they swag much, they are wasted, and perhaps their Yolks are broke, and they Addled; though some New Eggs will shake a little, but not squash so as you can hear the shaking to any purpose. The best way to keep them long is, in Bran, or Meal; though some do it in Sand.

Of Cheese and Bread.

I Shall say little of these, because every one loves to please his Palate herein; though if the larger sorts of Cheese be very rough Coated, dry, and rough or rugged, as if Worm-tracks appear'd, beware of Weevels, little Worms, or Mites in it: If it be over-moist and spungy, 'tis subject to Maggots: Two Defects proceeding from ill making. If you see any soft or perish'd places on the out-sides, try them with a Cheese-Iron, or Scoop, to know how far they go, that you may know what you buy.

If among your Bread you find little Knots, or Knobs, Oil Bread has been mash'd with it. If your Bread tastes sweet, it has been made of Grown Corn, and will soon be musty. If it be gritty, or rough, then is it made of Smutty or washed Corn, that has lost much of its Virtue, and nourishing Quality, by washing, drying on Kilns, and the like. If Rye be mix'd among Wheat, the Bread will be more moist, and of a sad Colour; and any reasonable Palate may taste and discern it.

Some Observations in Buying Fruits, English, and Outlandish.

AS for Cherries, Strawberries, Rasberries, Apricots, Plumbs, Currants, Gooseberries, Mulberries, Malacatoons, or the several sorts of Peaches, or any such like Fruits, your Taste, Feeling and Eye will inform you whether they are under-ripe, ripe,

or over-ripe; some delighting in them in one Condition, and some in another. But my Purpose reaches farther, which *is*, to prevent your buying perish'd, prick'd, or musty Fruit, which may yet bear a fair Out-side, and deceive you.

If you doubt Pears, whether sound, or not, though they may feel well, pull at the Stalk, and if it comes out easily, with the Spires belonging to it, and they look of a rusty, darkish Colour, then is the Pear perishing at the Core.

Apples, though outwardly appearing firm, if there be a Speck where the Stalk grew, the Core is perishing, and they will not long keep, if they be not already decay'd. And the like observe by Quinces, at either end, either the Stalk-place, or the Blossom-end; for either of these two places being speck'd or tainted, they are more dangerous, than any Speck, though much larger, in another place, because they putrefie to the Heart and Centre. Mustiness in these Fruits is discerned by their Roughness, and deadish or pallish Colour, to what in their lively Colour they seem.

Oranges and Limons, whether dry, or full of Juice, are known by their Weight; their Goodness, by their Perfection of Colour. If they be prick'd, they will be soft, and some Spots appear, or bruized places; then they are, for the most part, black at Heart, and perishing.

Pomegranates are known to be full or empty, by their rattling, or not rattling; their Goodness, by the redness of their Berries, or Seeds.

As for Roots, Herbs, Flowers, *&c.* it is unnecessary to give an Account of them, they being so well and commonly known to the Buyer.

CHAP.

CHAP. XIII.

Rules and Instructions for good House-keeping; Containing many curious Receipts in various Things tending thereto, for the better profiting a Family, and saving much Charges, &c.

THE good Management of Houshold-Affairs is not only commendable, but turns to much Profit and Advantage; and will furnish every thing sufficient, neat and cleanly, with far less Expence than where Care is not taken, nor exact Rules observ'd: So that some live more plentifully on a small Estate, or Income, by good Housewifery and Management, than others do on a much larger Competency. Wherefore, that all may be directed to this Advantage, or left without Excuse if they prove lavish by Negligence, I shall give such good Instructions as are proper in sundry Matters on this Occasion; comprehending as near as may be, all that is necessary to a compleat House-keeping, whereby Plenty may be had, and yet much saved at the Years end.

How to make Bread more substantial than ordinary.

TAke the Bran that has been boulted off, put it into a Kettle of Water, and boil it, then strain out the Water, and it will be white, and of a thick, strengthening Substance; with this wet the Meal wherewith you make your Bread, then add Yest, and a little Salt, and so make it into Loaves; and it will be more heartening, pleasanter in Taste, and increased in Substance, than otherwise it would have been.

To make Bread that will keep moist and good very long.

SLice a Pumpkin, and boil it in fair Water till the Water grows clammy, or somewhat thick, then strain it through a fine Cloth or Sieve, and with this make your Bread, well kneeding the Dough; and it will not only increase the quantity of it, but make it keep moist and sweet a Month longer than Bread wetted with fair Water only.

Water-Gruel.

THis is a wholsom, cooling, nourishing, and cheap Food. 'Tis made Plain, or otherwise: The Plain is, by boiling a good handful of Oat-meal, finely ground, in a Quart of fair Water, till a fourth part be consum'd; then strain it through a fine Sieve, and sweeten it a little with fine Sugar.

The other way is, to boil a quarter of a Pound of Currants in a Quart of Water; put in a little Oat-Meal-Flower or Dust to thicken it, and a few Blades of Mace, and a Slice or two of Nutmeg; and it will be wonderful strengthening.

To make Milk-Porridge.

TO a Gallon of New-Milk put 2 Quarts of Water, and two handfuls of fine Flower, let them scath gently, keeping it stirring to prevent burning to; and this, sweeten'd, is very cooling, and wholsom.

To make Flummery.

THis is a wholsom Diet, highly esteem'd by many, and much used in the Western Parts of *England*.

To make it, Take half a Peck of Wheat-Bran that has not been over-much boulted or sifted, let it soak 3 or 4 days in two Gallons of Water, then strain out the liquid part, pressing it hard; boil it to the Consumption of a third part, so that when it cools it will be like a Jelly, and keep long: When you heat any of it, season it with Sugar, and a little Rose or Orange-flower-water, and add a little Cream or Milk, and it will be very pleasant, and nourishing.

To

To make salt Pottage fresh.

SET them over the Fire, and beat up a little Wheat-Flower with the White of an Egg, and put a little of the Broth among it to make it thin, then put it into the Pot or Skillet; and in a little boiling up, with stirring, it will exceedingly abate the saltness.

To make Meat salt in Boiling or Roasting that was before fresh.

WHen Haste requires dressing of Meat that you cannot have time to salt it, If Boil'd Meat, make the Water boil up before you put it in; and having well rub'd it with Salt, put it in, and throw in Salt by degrees, a little at a time, till the Broth tastes very strong of it, and so cover it close; and be it Pork or Beef, the Water penetrating with its Heat, it will carry the Salt quite through, and season it sufficiently.

If Roast Meat requires Saltness or Seasoning, make a Brine of Salt and Water boil'd together, and when it begins to be well heated at the Fire, baste it with it hot, and in a few turnings the force of the Fire will cause it to penetrate; and when you perceive it has well done so by a dry salt Scurf that will arise, then you may baste it with your ordinary Basting, and roast it to a Readiness.

To Powder a Goose in Roasting.

THis may be done the former way; but, however, there is a better, viz. Take an handful of Sage or Parsley, bruise it very small, then mould it with Butter and a good quantity of Salt, with a little grated Bread to bind it; roll it up, put it into the Belly of the Goose, and tye the Neck and Vent close to the Spit, and as the Fire heats through it by degrees, the Butter and Gravy will carry the Salt into all parts of the Flesh, so that it will be as well seasond as if it had been powder'd a Week, or more.

To make any fowl very tender.

ABout an hour before you design to kill them, pour down the Throat of each a spoonful of

Vinegar, and let them run about the Room, or Yard; and when they are kill'd, hang them up in their Feathers, by the Heels, in a smoaky Chimney; then pull, and dress them, and they will be very tender.

If present Occasion require them, when you have pull'd and drawn them, heat a good Pebble-stone, wrap it up in a fine Rag, and so put it into the Belly of the Fowl, closing the Vent to keep in the Steem; and in half an hour they will be much tenderer than otherwise they would be.

Of Jellies, and how to make them.

JEllies are very strengthening and nourishing, as carrying the whole strength of the thing they are made of in them; and many of them may be made with little Cost. Their proper Means to be made on are these, *viz.* 1. Three pair of Calves Feet; 2. A well-flesh'd Capon, not very fat, and a Knuckle of Veal; 3. A pair of Calves Feet, half a Pound of Izon-glass, and a well-flesh'd Capon; 4. A Knuckle of Veal, and an old Cock; 5. A Pullet, and a quarter of a Pound of Hart's-horn; 6. A Capon only; 7. A Cock, or Capon, with Izon-glass; 8. Jelly of Hogs Feet; 9. Sheeps Feet, Lambs Feet, or Calves Feet. Now, to make these into proper Jellies, I shall give you one Example for all, as to what relates to Flesh-Jellies, *viz.*

Take Calves Feet well scalded; pare the bottoms, and take out the long Shank-bones, lay them to soak in Water 4 or 5 hours; boil about a dozen of them in 2 Gallons of Spring-water, perpetually, as they boil up, taking off the Scum, till about the fourth part of the Water be consum'd; then strain it through a Jelly-bag, or a thick Linen Cloth, and let it cool; then take the clearer part from the Settings, pare off the top, and melt it; then put it into an Earthen Vessel, adding White-wine, Ginger, Mace, Cinnamon, and the Whites of Eggs, little or more, proportionable to the Jelly you make; then add some Juice of Li-

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mons and Sugar, to season it; boil it leisurely, and strain it again; then eat it alone, or serve it up with Meats, or any other things that require Jellies of this kind. And so, by boiling the other Meats to Broth, according to these Rules, you may make curious strengthening Jellies of them.

To make Jellies of several sorts of Fruits.

THE Fruits proper for these are, 1. Currants, 2. Quinces, 3. Apples, 4. Pears, 5. Plumbs, 6. Raspberries, Strawberries, and the like. And, to make these, I shall, for Brevity sake, give you one general Example, viz. Jelly of Apples.

To do this, pare the softer sort of pleasant tasted Apples, and slice them very thin, taking out the Cores and Seeds; boil a Pound of them in a Quart of Water till a fourth part be consum'd, then strain it well, and to every Pint and half put 3 quarters of a Pound of Sugar, with a little Mace or Cinnamon, and boil it up to a thickness, adding a quarter of a Pound of Lemon-glass; strain it again, and put it up for Use.

This, and all other Jellies of Fruits, are cooling, and wholsome; taken successfully in hot Diseases, and very refreshing at all times. And by this Rule you may make Jelly of any Fruit. You may mix, if you please, Wine, Cream or Milk with them, if your Palate is desirous of it; and scent them with Rose, Orange, Citron, or any pleasant scented Waters.

To make Jelly-Broth.

TAke any of the Meats mention'd for Meat-Jellies, put a Quart of White-wine to two Quarts of Water, and a Pound and an half of Sugar, 6 Eggs, two Nutmegs thinly sliced, two Races of Ginger, a quarter of an Ounce of Mace, and a little Cinnamon grossly bruised; boil it up as the Calves-feet Jelly, strain it, and scent it with a little Amber-grease, or Musk, season it with Limon or Orange-Juice, and it will be excellent.

To make Oyster-Jelly.

THis may be properly called a Jelly of divers sorts of Fish, and may serve in general for Fish-Jelly.

To make it; Take 10 pretty large Flounders, two small Pikes, or Plaice, and 4 Ounces of Izor-glass very well cleansed, boil them in a large Earthen Pipkin, with 2 Quarts of Spring-water, and as much White-wine, adding Slices of Ginger, and Blades of Mace, and so boil them up to a Jelly; strain it through a Jelly-bag, into a pretty deep Dish, and when cold, pare off the Top and Bottom, and put it into a Pipkin, with 3 or 4 spoonfuls of the Juice of Limons; season it with fine Sugar beaten with the Whites of Eggs; then stew a Quart of large Oisters in a Pint of White-wine and their own Liquor; add some Spices, as Mace, Ginger and Cinnamon, with Pome-granate-kernels; put these, when well jelly'd, to the former, heat them, and run them through a Bag, and keep it as an excellent Jelly, 3 or 4 spoonfuls being sufficient Nourishment for a day on urgent Occasion. And all the Jellies are excellent Nourishment for sick Persons, or weak Stomachs, that cannot well digest Meats.

Sundry kinds of Sawces, and Garnish.

FOR Chickens roasted, take the Gravy, and the Juice of Oranges, and a little Cinnamon or Pepper very finely beaten or sifted; lay some Slices of Manchet, curiously carv'd, round the Dish; lay the Chickens in the Sauce, and garnish with Limons thinly sliced, Parsley and Barberries.

For a Duck or Mallard, Take the Gravy of the Fowl and Oister-liquor, boil in it a whole Onion, a few Slices of Nutmeg, and an Anchovy; and if they be lean, farce and lard them. Garnish with Green and Red Cabbage, or Beets.

For Green-Geese, Stamp Sorrel, White-bread, and some Slices of Pippins, or such hard Apples, put a little Vinegar and Sugar to them, then press out the liquid

liquid part, and serve it up in Sawcers. Garnish with Parsley, Marigold-flowers, and some Slices of Oranges or Limons. Or, for Sawce, take the Juice of Sorrel, scalded Goosberries and Sugar, serv'd on Sippets, with Sugar and Butter.

For an Hare roasted, After you have par-boil'd, trass'd and larded her, beat Cinnamon, Nutmeg, Pepper and Ginger, put to them boil'd Prunes, and a little White-wine, boil them, and strain out the liquid part, and serve it up in Sawcers. Or, Take Currants and Muskified Bisket-bread beaten to Powder, boil them, with Sugar and Cloves, in Water, to the thickness of a Gruel.

For Hens or Pullets roasted, Take the Eggs you find in them, if any; if not, the Yolks of six Eggs boil'd hard, and finally minced, put them in White-wine or Wine-Vinegar, with beaten Butter and the Gravy, add the Juice of an Orange. Garnish with Slices of Limon, Greens, or Flowers.

For any Land-Fowl, Strain a little of the Pulp of boil'd Prunes into the Blood of the Fowl, put to it a little Cinnamon and Ginger finely beaten, boil it with the Gravy, and a little Sugar, to an indifferent thickness, and serve it up with the Fowl.

For a Pig, Take the Sage that has been roasted in his Belly, with the Crust of Manchet, beat or shred them small together, boil them in Water, with Currans, and a little beaten Cinnamon, then add to a Quart of it a Jill of Sack.

A proper Sawce for a Loin of Veal, which may indifferently serve for any other part; Take Thyme, Peny-royal, Mint, Sage and Marjoram, boil them, and shread them, with the Yolks of two hard Eggs, a little Salt, some grated Nutmeg, and the Juice of two Oranges; boil them with a little Spice, and some Currans, then dish it up. Garnish with Slices of Oranges, or Capers, Samphire, Cucumbers, &c.

For Mutton roasted, Slice Onions, and boil them in Claret, with grated Nutmeg, and the Gravy.

For Red-Deer, Boil sweet Herbs, well mince'd, with the Gravy, White-bread, and Juice of Oranges and Limons; beat these up with curious sweet Butter.

For Stubble-Geese, Take Pippins, or other hard Apples, boil them to Pulp, strain it, and put Sugar, a little beaten Cinnamon, and a little Sack to it.

For Pork roasted, Boil Sage, and mince it small, mix it well with fine Pepper, Mustard and Sugar, made thin with some Vinegar. Garnish with Slices of Oranges, Limons, Greens and Flowers.

To make Crab-fish Red.

TO do this, rub them with *Aqua-vitæ*, and the Business will be done to Admiration.

To preserve Fowl a long time from Tainting.

TAke a large Cask that has very lately had Wine in it, knock out a Board or two at the Head, and in the others drive Hooks to hang your Fowls on so as they may not touch each other, and cover the open places with the Boards, leaving only the Bung-hole for an Air-vent; set them in a dry, cool place, and they will keep as long again as in any other place.

And thus you may keep Flesh or Fish.

To preserve fresh Lard.

MElt it, putting to it a little good Verjuice, and boil it up till the Verjuice disappears; then put it into Bladders, or what Vessels you will, and it will keep curious white, and free from Must or Taint.

To fatten any sort of Fowl in fifteen Days.

TAke Nettle-leaves and Seeds, gather'd and dried in in their proper Season, beat them into Powder, and make it into Paste with Wheat Bran or Flower, adding a little very sweet Olive-Oil; make this up into little Crams, coop them up, and duly feed them with it, giving them Water wherein Barley has been boiled, and they will be fat at or before the Time proposed.

To raise a Sallet in a few Hours.

TO do this from the Seeds, in any Season, take Ashes of the Moss of Trees, and rotten Dung, mix them well together, and sprinkle them with the Moisture that comes from the Dung-hill; do this several times, and dry it as often in the Sun, till it becomes, as it were, a fatt, cloggy Earth; keep it in a glazed Earthen Pot, to use either Summer or Winter.

If in Winter, spread this Earth in a Dripping-pan, or Iron Vessel, sprinkle it with the Moisture of wet Dung in which you have steep'd your Seeds of Lettice or Purslain a night, give it a moderate Heat with Fire under it; sow your Seeds, and sprinkle them with warm Rain-water; and if the Heat be the same as in *July*, they will instantly sprout; and if sowed at 9 in the morning, they will produce Leaves at any Season, sufficient for a Sallet by Dinner-time.

To make abundance of Cream.

TAke a Scuming-dish full of the top of the Milk, add to it 4 spoonfuls of scraped Sugar, and a drop of good Rennet, then stir them together that they may thicken a little, then set it in a warm place, and a great deal of Cream will arise in an hours time.

To make an excellent Syllabub.

MIlk the Milk of a young Cow into your Vessel, to 2 Quarts of it put a Pint of White-wine, 2 or 3 spoonfuls of Verjuice, or the Juice of green Grapes, and a spoonful of the Juice of Balm or Mint, scrape into it some Loaf-Sugar, and add a little grated Nutmeg; you may also scent it with a little Rose or Orange-water.

To make Cream of sundry kinds of Fruits.

TO do this, take either Currans, Mulberries, Rasberries, or Strawberries, sprinkle them with a little Rose-water, press out the Juice, and draw the Milk hard out of the Cow's Udder into it, sweeten it with a little Sugar, and beat it well with Birchen

Twigs till it froth up, then strew over it a little fine beaten Cinnamon; and it will be a curious Mess. You may do this with the Juice of Plumbs, Gooseberries, Apricots, Figs, or any juicy Fruit.

To make a Cream-Pudding.

TAke Flower, and mix it with a like quantity of grated Bread, some Dates mince'd, Cinnamon and Nutmeg finely beaten, Beef Suet, Sugar, Eggs, and warm Milk: then take half the Pudding for one side, and half for the other, make it up round, and put some Butter and Cream into the middle of it, and close it up; put it into the Pot, in a Cloth, when the Liquor boils, and, when boil'd, serve it up in a halves, with Butter, Rose-water, Sugar and Verjuice, beaten well together, and warm.

To keep all sorts of Flowers fresh, out of their proper Season.

FIll an Earthen Vessel with half Water and half Verjuice, put to it as much Salt as will make the Liquor taste well of it; gather the Flowers in their prime, before they are too much blown, and put them in the Liquor, pressing or rumpling them as little as may be; cover the Vessel close, and set it in a warm place; when you have Occasion for them, take them out by the Stalk, and hold it to the warmth of the Fire, and it will recover much of its Colour, spread in its proper Form, and want nothing of the perfect Flower but the true Scent. And thus may they be kept all Winter.

To make an excellent White Pot.

BLanch half a Pound of Sweet Almonds, make them into a Paste well beaten, put to it 2 Quarts of Milk, and boil them together, then add a spoonful and an half of Rice flower; and when these are boil'd well, strain out the liquid part into 2 Quarts of New Milk, stirring it; and add Sugar to sweeten it as you please, and a little Saffron strain'd into a

quarter

quarter of a Pint of White-wine, *viz.* the Wine wherein it has been soak'd; and with this beat up a dozen Yolks of Eggs, and bake it.

To make excellent Black-Puddings.

TAke Oat-meal a little ground, grate to every Quart of it an half-peny stale White Loaf, soak these in Milk a night, then in the Hog's Blood warm 12 hours, then mince your Fat or Lard small, mingle and stir them to a proper thickness; then mince Peny-royal, Winter-Savoury, and such other proper sweet Herbs, as the Season will afford, and stir them together, season them with a sprinkling of Sale, and fill the Guts with them, tying them at what convenient Lengths you please; and when you have boild them, hang them up in a dry Loft, near the Chimney, to keep them from Moistness or Mouldying.

White-Puddings, the best way to make them.

GRate fine Manchet, sprinkle a little Flower on it, and beat a small quantity of Mace and Nutmeg, steep these in as much Milk as they will thicken like Pap; then to every Quart of this put a quarter of a Pound of Currans, and two Ounces of Sugar; mix them well together, and put them into fine thin Guts, well clean'd, and rinsed in warm Water; tye them up as the former, and keep them in dry Boxes when boil'd.

To make English Sausages.

TAke the Lean of a Fillet of young Pork, chop and bruise it small, then to every Pound put a quarter of a Pound of Fat, well skin'd; Season it with Pepper, Salt, and a little Nutmeg; add some small matter of Peny-royal, well shredded, and beaten; mix them all well together, put the Mass into Guts season'd with Water and Salt; and when fill'd and tied, hang them up in a Chimney, or Smoak-Loft, to dry.

CHAP.

CHAP. XIV.

Rare Experiments in making Pomatums, Essences, Perfumes, Sweet-Bags, Powders, Whitening Teeth, making Hair grow, beautifying Cloth or Silver, Taking out Spots and Stains, Renewing fad'd Paintings or Hangings, Killing Vermin.

A good Pomatum for Beautifying.

TAke the Fat of a Bacon-Hog unsalted, stick it full of Oats, roast it by a slow Fire, that it may drip away; put to the Dripping some Oil of Sweet Almonds, and 2 or 3 drops of the Chymical Oil of Cinnamon; mix them well together, and put them up for Use.

To make Essence of Cinnamon.

TAke Oil of Nutmegs, and set it in the Summer-Sun till it has lost much of its Scent, then put in half an Ounce of the Oil of Cinnamon; and when they are well incorporated, the whole Scent of the Cinnamon will remain in the Mass.

To make a Perfume to burn.

THis is proper for taking bad Scents out of Rooms, and purge gross Air. To make them, Take of Benjamin 4 Ounces, Storax 2, Cloves 12, *Laudanum* and *Calamus Aromaticus*, each a Dram, and a little dried Citron-peel; bruise them together, mixed with Rose-water; incorporate them into a Mass, and make them into Cassolets, or little Pastils, which being lighted at a Fire, or Candle, they will diffuse a curious Scent into all parts of the Rooms, which will destroy Spiders, and other venomous Things.

To make Pastils to perfume Cakes.

TAke of *Liquor* Aloes a Dram, Storax half an Ounce, Benjamin 2 Ounces, Coals of Sallow or Willow-wood as you please; reduce them to a fine Powder; add to them 20 Grains of Civet, and as much fine Sugar as is convenient; then put them into an Earthen

Vessel,

Vessel, with as much Rose-water as will cover them; boil them a little, till the Pastils be digested, ever stirring them with a Stick in boiling, to prevent their being burnt to; and when they are enough, make them into the form of Pastils, and use them as you see Occasion.

To make Grounds for Hair-Powder.

THose Grounds are proper enough to be either Rice-Grounds, or Starch-Grounds, finely pulverized, and sifted through Sieves of different bigenesses, and growing lesser, to a vast fineness, dried in a warm place, and fitted to receive the several Scents.

To scent Powders.

IF you would do it with Flowers, place a Laying of Powder, and a Laying of Flowers, whether Roses, Jessamin, Violet, Orange, or the like, till a close Box is full; then shut it, and let them infuse; and the Powder will attract the whole Scent of the Flower to it: And if it be not strong enough, you must shift the Flowers till it is.

As for Civet or Musk-powder, infuse Cotton-wool in those Scents, till it has exceeding well taken it; then lay a Laying of Wool, and a Laying of Powder, and shut it close in a Box, and it will scent the Powder. And by these Directions, any other Scents may be infused.

To make, and perfume Wash-Balls.

TAke a Pound of Cake-Soap, moisten it with Rose or Orange-water, beat it till it is in the nature of Pap, put half an Ounce of Orris to it, and as much Calamus in Powder; so make it up into Balls, and dry them in the Air, or Sun.

To perfume them, Take what quantity of Musk you please, and dissolve it in any sweet-scented Water, bruise your Wash-balls with it in a Mortar, and make them up a-new, and they will scent throughout of it. And so you may do of other Scents; as Amber-grease, Orange, Jessamin, &c.

To

To make Sweet-Bags for Cloths.

TAke a Pound and an half of *Florence*-Orris, Rose-wood 6 Ounces, *Calamus Aromaticus* half a Pound, Benjamin 5 Ounces, Yellow Saunders 4 Ounces, Cloves half an Ounce, Cinnamon an Ounce; bruise these grossly together, put them into a fine thin Bag, and lay them among your Clothes, for a curious Scent: It will also keep away Moths, Worms, &c.

Violet-Powder for Gloves, and Sweets to put among Linen.

TAke of *Florence*-Orris a Pound, Rose-wood a Pound and an half, Yellow Saunders and Storax, each an Ounce, Benjamin 2 Ounces, Cyprus, Galingale and *Calamus Aromaticus*, each an Ounce and an half, Coriander-seeds, Nutmegs, Cinnamon and Cloves, each a quarter of an Ounce, Citron-peel and Orange-flowers dried, each 3 Drams; bruise these in a Mortar, and sift them through a fine Sieve; then put them in Bags, or sprinkle them among the Clothes, and they will keep all offensive Insects from them, and give them a curious Scent.

To whiten Teeth.

WAsh your Mouth well with Plantain-water, then rub your Teeth very well with fine Powder of Pumice-stone, and if found, they will be very white.

To make Hair grow.

TAke the tender tops of Hemp just appearing above Ground, steep them 24 hours in Water, and mix the Water with Fern-ashes, then wash the place with the Water warm'd, and it will produce Hair very speedily if the place be natural to it, and it be not lost by extream Old Age.

To take Spots of Oil or Grease out of Sattin, Silks, Stuff, or Woollen.

BUrn the Bones of Sheeps Trotters, reduce them to a fine Powder, lay it on fine Paper, on both sides of the Spots, and place upon the upper part a Spoon in which is a lighted Coal that may heat pretty well through, and the Heat will cause the Powder to

to suck out the Grease; then rub it over with a piece of fine White Bread, to cleanse it. If it does it not sufficiently at once, repeat it twice or thrice, and it will not fail your Expectation.

To take out Pitch, Rosin, Bird-lime or Tar.

PUT a little Oil of Turpentine on the place, and dab it on often with a Feather as it dries away, and it will so consume the unctious part of them, that by gently rubbing, it will crumble away like Dirt.

To take Iron-Moulds from Linen.

HAving well wash'd your Linen, put boiling Water into a Pewter-Pot, and put the Linen to it, then take it out, and anoint the place with Juice of Sorrel, and let it dry; then wash it out in a good Lather, with Castle or Cake-Soap.

To take out Spots of Ink, or Stains of Fruit.

PUT the Juice of Limon and Onion on the Spot or Stain, and let it dry, then wash it out with a good Lather of Cake-Soap: Or you may first steep the Linen in Chamber-Ley; or with the Stain with Soap dissolv'd in Vinegar.

To take Spots of Oil or Grease out of White or Red Silk, without altering the Colour.

WET the Spot with Spirit of Wine, then dawb it over with the White of a New-laid Egg, and dry it in the Sun; then wash it with clean Water, and press it well.

To make Brass Utensils look of a Golden Colour.

TAke a Pint of strong Ley, mix with it an Ounce of burnt Roche-Allom, boil them well together, then rub the Utensil with it, and when it is dry, rub it over with Tripoli; and it will not only take away all Spots and Stains, but make it look like Gold.

To cleanse Silver, and give it a curious Lustre.

BOil it well in Ley, then take it out, and smear it over with Whiting, and let it dry; then with a warm, dry Woollen Cloth, rub it over with Powder of burnt Allom.

To

To set a Gloss on faded Paintings.

TAke of Tartar and Gloss-wort, each an Ounce; boil them in a Pint of Water till half be consum'd, then strain it; and having, with a Spunge and warm Water, cleansed the Painting from Dust, do it over with the strain'd Liquor, and it will set a curious fresh Gloss upon it, and make it look as if new.

To refresh faded Hangings.

SCower them well with a strain'd Water wherein Cake-Soap and Fulling-Earth have been soak'd, rinse them afterwards in fair Water wherein Allom has been dissolv'd, then, if it be Tapestry, run them over with the Juice of Quinces and Limons: And where the Colours of Tapestry are faded by Age, you may revive them by artificially painting them.

To whiten Linen Cloth.

WET it well, and lay it on the Grass in a Sunshiny day, cast Water on it wherein Allom has been dissolv'd, and a little Chalk; use it thus 5 or 6 days, then wash and Buck it well, and it will become far whiter, and thicker, than it was before.

To destroy Mice, Rats Weasles, &c.

TAke Arsnick and rude Mercury, mix them with Cheese, Bread, or fat Bacon, and as many as taste of it will die. Or, Boil Wild Cucumbers with the like quantity of Coliquintida till the Water is almost consum'd, then make a Paste with it and Oat-flower, and lay in Bits about their Haunts, and it will destroy such as eat of it.

To prevent Weasles sucking Eggs.

PLace Rue about the Nests of your Hens, Ducks, or Geese, and they will not come near the Eggs.

To destroy Bugs.

MIX Oil of Turpentine with Soap-Lees, anoint the Bed-posts and Crevises of the Walls with it, shut the Room up close, and burn Brimstone and Storax, and they will die away.

To

To destroy Fleas and Lice.

FOR the former, sprinkle the Room with Water wherein the Roots of Wild Cucumbers and Wormwood have been boil'd; and lay between the Mat and the Bed the Herb Arse-smart, or Hound's-tongue, which grows in most Ditches in Summer.

For the latter, Take Hog's Lard, Quick-silver and the Juice of Sage, beat them into an Ointment, and anoint your Head and Body with it, and the Scent will kill them either in your Hair, Linen, Bed, or Woollen Clothes.

To destroy Flies.

BRuise the Herb Helebore, and steep it in New Milk mix'd with Orpiment, and sprinkle the Rooms or places where Flies swarm, and they will either presently avoid it, or die.

To destroy Moths.

THese usually infest Clothes and Hangings, and therefore prove very mischievous.

If among Clothes, To destroy them, make a Powder of Sarsafrax-wood, the Flowers of Lavender, and the dried Leaves of Rue; lay these in small Sprinklings amongst your Woollen, Silks, or Linen, and scent your Drawers or Trunks well with them, and no Moths will live in the Scent of them.

But if they eat your Hangings, or other things, which you cannot order with this Powder, then burn Storax and Sulphure in the Room, the Doors and Windows being close shut, and the Scent will utterly destroy them; and the Scent remaining in the Hangings will keep others from coming to them for 6 Months, or as long as the Scent remains in them; and then, to prevent future Danger, you may renew it.

To destroy Ticks.

THis sort of Vermin is very offensive, especially in old Houses, where the Timber is decay'd, or rotten;

ven; and they are great Destroyers of Timber-Buildings, by rotting and wasting the Timber in eating it.

To destroy these, observe their Haunts, and wash or sprinkle the places with Urine wherein Tobacco and Rue have been boil'd, and it will kill those that are already, and prevent the breeding of others.

To destroy Spiders.

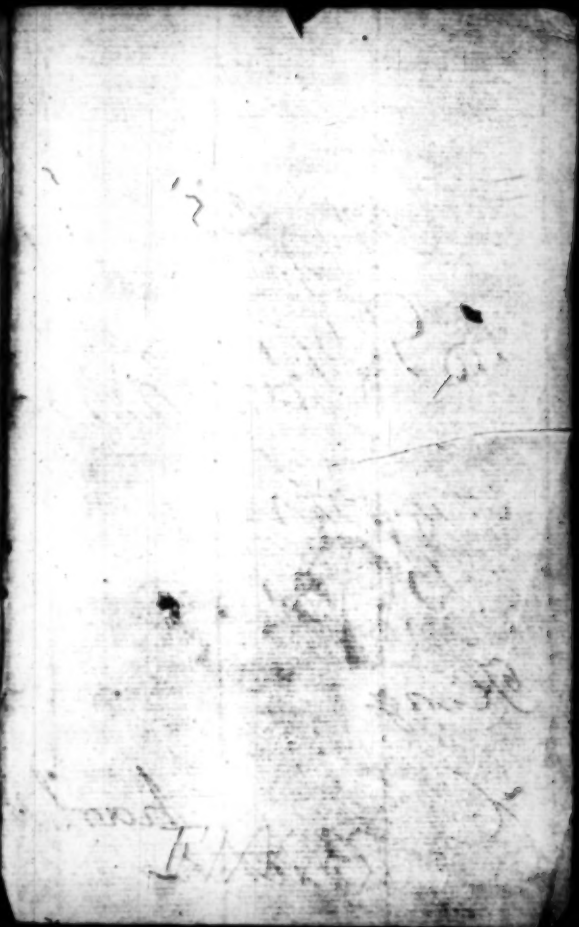
AFter you have destroy'd their Webs, sprinkle the Rooms with Water wherein Plantain hath been boil'd, and smoak them with Benjamin and Frankinsence, and none of them will ever after appear there; especially, till the Scent of these things are utterly extinguish'd.

To destroy Worms.

THose in Walks or Gardens may be destroy'd by strewing of Lime, fowl Salt, or Pot-Ashes, and lay'g Laying of Gravel on it. But such as are in Bedsteads, or Timber in Houses, are destroy'd by washing the places with strong Vinegar, and scenting them with Brimstone: The latter will do in a Library, to prevent their eating and spoiling Books.

To destroy many Insects, Adders, Flies, Emmets, &c.

BUrn Wall-wort, Rue and Bay-leaves, scatter the Ashes and some fresh Leaves in their Haunts, and they will either immediately depart, or die in their Holes, or places of resort.

Thus, Reader, have I given you many rare Experiments, and in every thing fulfilled my Promise; so that it cannot but be worthy of Acceptance, and will, no doubt, redound to your Profit and Pleasure: Wherefore, recommending it to you, I leave you to put it in practise.

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